

choose COLOR with CONFIDENCE

Looking for color inspiration for your next DIY project? At **Sherwin-Williams**, we offer over **1,700 paint colors to choose from** and all the tools you need to get your creativity flowing and love your results every time. It's as easy as...



FIND IT

from your favorite flower to
your cherished heirloom quilt.
Bring those colors to life with
10 FREE 2" x 3" color chips from
Sherwin-Williams to help narrow
down your search. Or, request a
FREE virtual color consultation
with one of our experts for
one-on-one color recommendations.



TRY IT

Not ready to commit? Try color on your walls with Peel & Stick color samples at swsamples.com to make faster design decisions. You can also take the guesswork out of choosing the right hue with our Color to Go® paint samples. They are great for giving you an idea of how a color looks and feels in your space throughout the day so you can choose your

Become Color Confident at S-W.COM/COLORCONFIDENCE

final color with confidence.





High five. You did it! Now show off those proud results. Post painting project pics with the hashtag **#SWColorLove** for a chance to be featured on our social channels. Then follow us for creative inspiration that helps you choose colors confidently.

FIND IT • TRY IT • PAINT IT • LOVE IT • FIND IT • TRY IT • PAINT IT • LOVE IT • FIND IT •

FIND IT - TRY IT - PAINT IT - LOVE IT - FIND IT - TRY IT - PAINT IT - LOVE IT - FIND IT - TRY IT - PAINT IT - LOVE











SHERWIN-WILLIAMS.

You bring the vision, and we'll bring the color solutions to help bring your color to life.



IT • PAINT IT • LOVE IT • FIND IT • TRY IT • PAINT IT • LOVE IT • FIND IT • TRY IT • PAINT IT • LOVE IT • FIND IT

© 2022 The Sherwin-Williams Com











JULY/AUGUST **CONTENTS**

FASHION + BEAUTY

11 DIY a Pro Pedicure

Inside the GH Beauty Lab

5 Secrets to Healthy, Silky Hair

Banish Breakouts, Bumps & Redness – Fast

YOUR HOME

26 Soak Up the Sun Outdoor decor ideas

Hidden in Plain Sight Clever solutions for design challenges

At Home with Laila Ali

40 Inside the **GH Cleaning Lab**

LIFE + HEALTH

43 Giving Birth to Hope Black doulas make a difference.

50 Binge-Worthy **Beach Reads**

54 **Find Your Bliss**

59

56 **Love Letter** Steve Harvey writes to his wife.

Boost Your Bone Health Make Your Beach Walk

How to Snack Smarter

Work for You

Inside the GH Textiles Lab 90 Seal Spotlight

Gardening game changers

THE GOOD STUFF



IN SEASON

Blackberries

Whether handpicked or from a farmers' market or a store, these sweet-tart summer berries are perfect for a variety of recipes. Here are our Test Kitchen's favorite ways to use them:

CHEESECAKE BITES

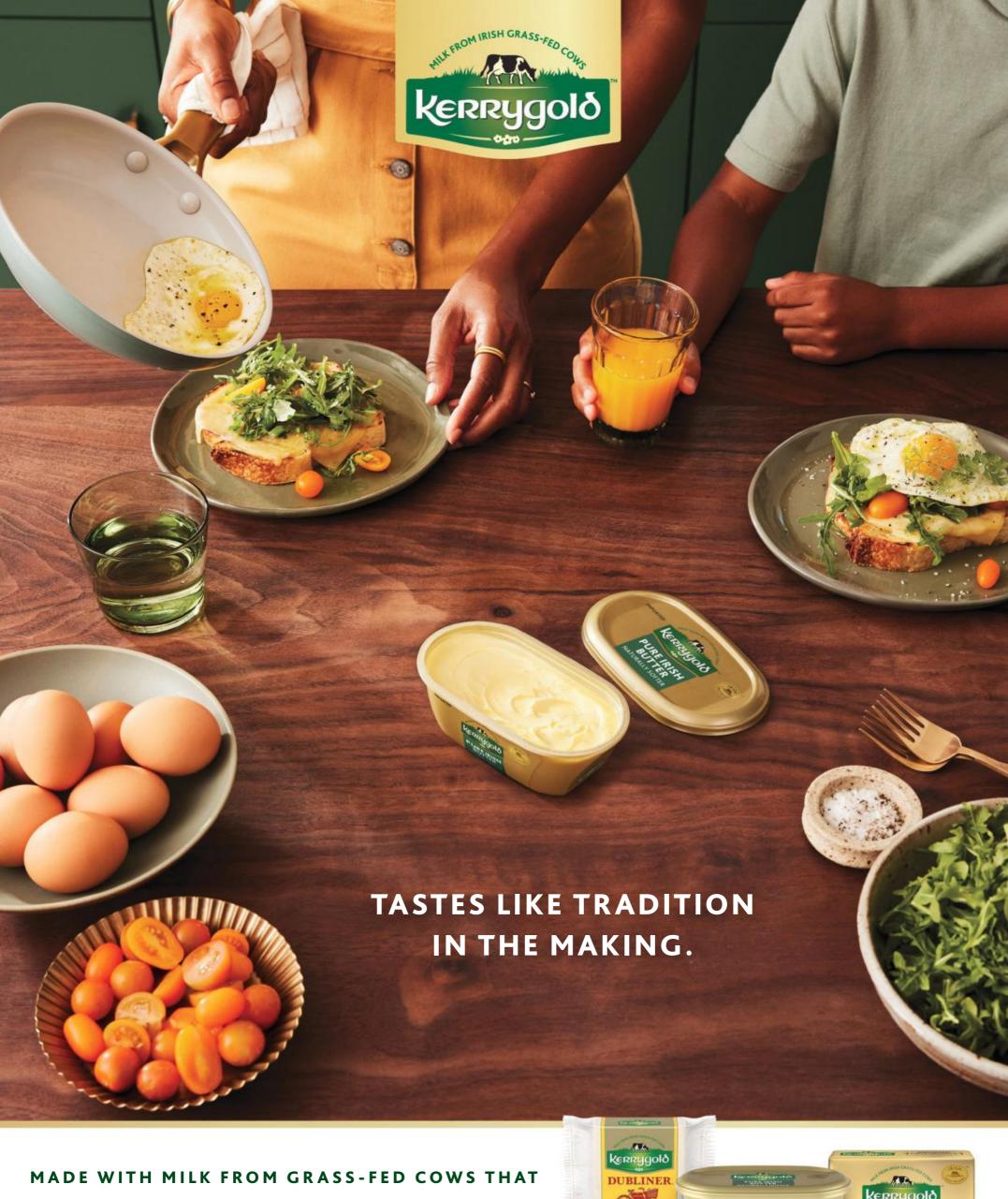
Using electric mixer, beat 6 oz cream cheese (at room temp), 1/4 cup confectioners' sugar, 1 tsp pure vanilla extract and a pinch of salt until smooth. Add 3/4 cup blackberries and beat until blackberries break down. Add 1 cup **heavy cream** and beat, gradually increasing speed to medium-high, until stiff peaks form. Refrigerate at least 2 hr. When ready to serve, sandwich big dollops between pairs of chocolate wafer cookies or graham crackers.

MINT-LIME GIN SMASH

In pitcher, muddle 2 cups **blackberries** and 1/4 cup each fresh mint leaves and superfine sugar. Stir in 2 cups gin and 3/4 cup **lime juice** to dissolve sugar. Serve over ice with a splash of club soda, mint sprigs and whole blackberries.

MUSTARD GLAZE

In small saucepan, combine 1 cup **blackberries**, ½ cup water, 2 Tbsp white wine vinegar and 1 Tbsp brown sugar. Simmer, mashing occasionally, until liquid is reduced to about 2 Tbsp, 20 min. Stir in 2 Tbsp **unsalted** butter and 1 Tbsp whole-grain mustard; transfer to bowl. Grill chicken, basting with glaze during last 7 min. of cooking, and serve with remaining glaze.



GRAZE ON THE LUSH PASTURES OF IRELAND.



JULY/AUGUST **CONTENTS**

FAMILY ROOM

The Trip Without the Baggage

73 Keep Pets Cool

COOK + SAVOR

94 **Dine Deliciously Alfresco**

From Scratch Spice rubs

108 **Easy Weeknights**

Five-Ingredient Dinner

IN EVERY ISSUE

120 GH Seal Star of the Month

Safe Home DIY Lead in Drinking Water Test Kit

ON THE COVER

HEALTHY SNACK AWARDS p. 77

PERFECT YOUR PEDICURE p. 11

BEST BEACH READS p. 50

OUTDOOR ROOM IDEAS

SMOKY BBQ RIBS p. 104

STEAK & PEACH SALAD p. 108

CHARRED SNAP PEAS p. 94

FRESH PASTAS p. 112

Cover: Photographed by Mike Garten; prop styling by Cate Geiger Kalus; food styling by Kate Merker.



THE GOOD STUFF



CONCRETE CRUSH

Try out a trendy material with this durable table for serving drinks or showing off your green thumb with potted plants. Tambor Outdoor Round Coffee Table, \$449, westelm.com

FLEX FURNITURE

This easy-to-clean ceramic surface can be used as a stool or a side table. Plus, its punched design is an extra-special touch.

Chantilly Garden Stool, \$260, raymour flanigan.com

STRIPE SEASON

These colorful striped pillows just scream summer, and they're brilliant at withstanding the elements. Sunbrella Indoor/Outdoor Toss Pillows, \$49, thecompanystore.com



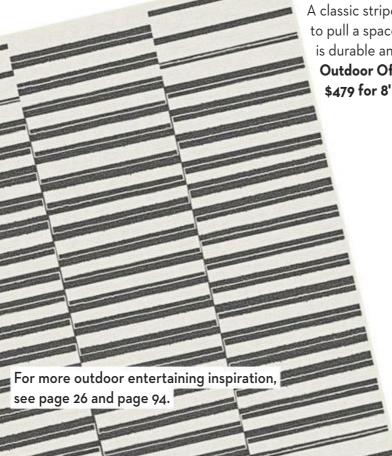
COVER STORY



GRAPHIC ACCENT

A classic striped rug never fails to pull a space together. This one is durable and machine-washable.

Outdoor Offset Stripe Black Rug, \$479 for 8' x 10', ruggable.com





LUXE LOUNGER

Soak up the sun on this eucalyptus wood bench, complete with a modern frame and removable cushions.

Eucalyptus Taormina 3-Seater Outdoor Bench, \$500, worldmarket.com

Systane

1 drop.
8 hours
dry eye relief.



NEW Preservative-Free, ideal for sensitive eyes

Systane LUBRICANT EYE DROPS

COMPLETE PF PRESERVATIVE-FREE

Fast-acting hydration for sensitive eyes Tear evaporation protection Nano-droplets for better coverage*



Alcor

Make every look count

* vs SYSTANE® BALANCE ©2022 Alcon Inc. US-SYX-VLC-2200014

Systame
Systame
Complete Pr
Transfer Systems
To Annual Transfer
To Ann

\$3 OFF

Any ONE (1) SYSTANE® Lubricant Eye Drops (8ml or Larger) EXPIRATION DATE 06/30/2023



MANUFACTURER'S COUPON

Systane COMPLETEDE

Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited by law. CONSUMER: Limit one coupon per specified item(s) purchased. This coupon good only on product sizes and varieties indicated. RETAILER: ALCON VISION, LLC will reimburse you face value plus 8¢, if submitted in compliance with ALCON VISION, LLC Coupon Redemption Policy, available upon request. Consumer must pay sales tax. Cash value 1/20 cent. Good only in USA. Mail to: Inmar Brand Solutions Dept. 30065, Mfr Rev Office, 801 UNION PACIFIC BLVD STE 5, LAREDO TX 78045-9475.

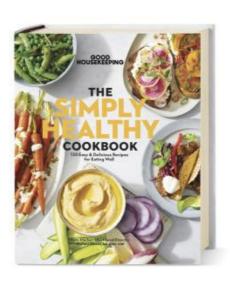


On one of my last trips before the pandemic shutdown in America, I had the honor of participating in an expert panel on ways to help reduce infant mortality and birth-related disabilities. It was disheartening to hear about the high rates of negative birth outcomes in parts of our country. That said, I also learned about tools and exciting new medical interventions that can help prevent these results. But the technology and expertise can be expensive, and not all hospitals are able to afford them. This conversation in which I was involved was led by Brave Beginnings, an organization committed to helping make this important care more accessible to mothers and babies as well as turning a spotlight on this concern. I, for one, was naively unaware of the gaps in care many of us might experience in similar medical situations.

Standing up for women and their families is part of our DNA at *Good Housekeeping*, and one of the ways we do this is by sharing reallife stories that shed light on varying experiences and needs. This month we feature Nadia Gramby, who has made it her life's mission to help new and expectant mothers in her own community. I was inspired by Nadia's personal and professional journey (page 43) and touched by her passion for supporting families through the birth process. Plus, there's a super-cute baby you'll get to meet!

And you know that GH is also committed to helping make your life easier and more delicious, so don't miss our beautiful outdoor makeover ideas (page 26) and juicy alfresco recipes (page 94). I hope you and your family will get quality time this summer to enjoy one another and soak up some of the great outdoors!





dig into a DELICIOUS, HEALTHY MEAL!

Recently, the experts in our Good Housekeeping Test Kitchen and Nutrition Lab teamed up to create The Simply Healthy Cookbook, a collection of more than 100 of our easiest, tastiest recipes highlighting ingredients that are nutritional powerhouses. From Chicken Bolognese and Turkey Meatball Gyros to Upside-Down Plum Cake and Whipped Feta and Watermelon Radish Toast, these recipes will please your palate and remind you of the basics of building a wellrounded diet. "It was important for us to show that healthy food does and should taste good," Stefani Sassos, deputy director of the GH Nutrition Lab. told me. "And our Test Kitchen is incredible at building recipes that bring these ingredients to life." I can certainly attest to that!

\$27, goodhousekeeping.com /healthycookbook



100% NON-DAIRY. 100% INDULGENT. MADE MINI.

MEET NEW **MAGNUM NON-DAIRY MINI VARIETY**

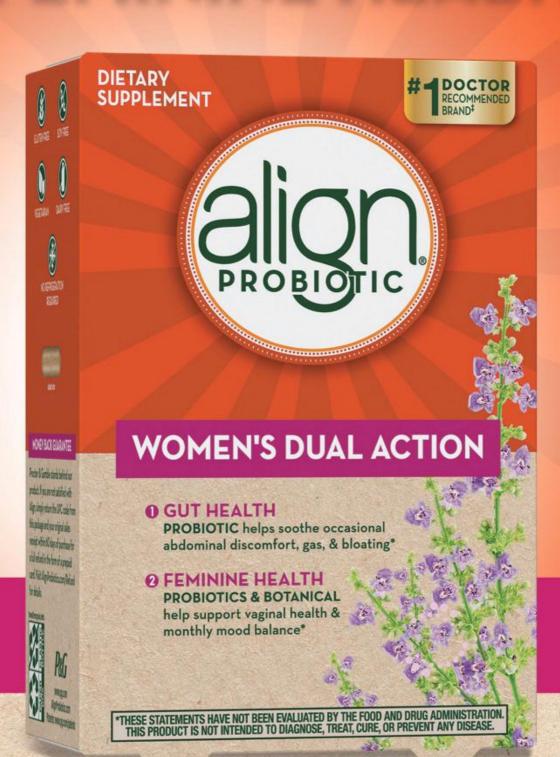








GUT HEALTH* FEMININE HEALTH*



FROM THE #1 DOCTOR
RECOMMENDED
PROBIOTIC BRAND*

A UNIQUE WOMEN'S BLEND of probiotics to help relieve occasional bloating, gas, and abdominal discomfort* plus support vaginal health.*

With chaste tree, a botanical to help promote monthly mood balance.*



*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Beauty Lab



Trim + file.

Cut toenails short using a straight nail clipper to create a neat line and avoid ingrown toenails, says Rita Remark, global lead educator for Essie. Another plus: "Keeping your toenails short helps prevent polish from chipping," she says. After clipping, file your nails smooth, moving in one direction for an even finish.

TWEEZERMAN STAINLESS STEEL TOENAIL CLIPPER, \$7: ULTA BEAUTY COLLECTION CRYSTAL NAIL FILE, \$9, ULTA

Always use a base coat. It's tempting to skip this step, but a base coat helps prevent chips and yellow stains on nails from polish. "Choose a moisturizing formula, as toenails tend to dry out due to exposure in the summer," Remark explains.

NAILSINC BACK TO LIFE STRENGTHENING NAIL TREATMENT, \$15

Care for cuticles.

Push back any waxy buildup on your toenail plates with a cuticle pusher. (It's made to detach cuticle overgrowth from the nails, which will also help your polish go on more smoothly and adhere better.) Then use a cuticle trimmer to trim only pieces of dead skin and hangnails. GSQ BY GLAMSQUAD CUTICLE SET,

Paint on polish.

Next comes your nail color: Instead of applying one thick coat, layer on two or three thin ones for maximum color payoff. Allow a minute or two to dry in between.

Previous page, from top: GH BEAUTY LAB TEST WINNERS OPI NAIL LACQUER IN ENDLESS SUN-NER \$11; ESSIE NAIL POLISH IN COCONUTS FOR YOU, \$9, DRUGSTORES

Exfoliate rough heels.

Start by soaking your feet to soften skin, suggests Sigourney Nuñez, a nail artist in Los Angeles. Next, using a foot file, buff any rough areas to help remove dead skin. "Focus on cracks on the edges of your heels as well as the balls of your feet, which is where calluses tend to occur," Remark advises.

EARTH THERAPEUTICS PRECISSO PLUS PEDICURE ELLE, \$15

Seal color with a top coat.

Since toes are exposed in sandals, look for a long-wear top coat that will help minimize chipping. "Reapply the top coat every four days to keep your polish as long-lasting and shiny as possible." Remark recommends. OLIVE & JUNE SUPER GLOSSY TOP COAT, \$9

Treat feet to a mask.

Slipping on a foot mask can help keep skin soft even after a pedicure. If your feet often feel dry, try a moisturizing mask with emollient ingredients like glycerin and plant oils and butters that will nourish the tough skin. AVEENO REPAIRING CICA

FOOT MASK, \$3, DRUGSTORES

Don't forget cuticle oil.

It's key for healthy, strong nails on toes too. "Cuticle oil refreshes your pedicure and prevents toes from looking dry," Remark says. Swipe it all over nails and toes once nail polish is dry.

CND SOLAROIL, \$13, AMAZON



THE ULTIMATE COMFORT SOLUTION



SKECHERS.

Arch Fit Arch Support CERTIFIED ARCH SUPPORT





FEATURES & BENEFITS

- PODIATRIST DESIGNED SHAPE
- COMFORT ARCH SUPPORT
- SHAPE OF INSOLE WAS DEVELOPED WITH OVER 20 YEARS OF DATA
- MACHINE WASHABLE







The look-gorgeous news, tricks and trends you need to know from GH's in-house scientists and experts



What's the best way to apply bronzer so it looks natural?

– DEBBIE M

Avoid the dreaded orange face of bronzer gone wrong with these expert tips:

- 1. Choose a color that's no more than two shades darker than your skin tone (hold the open compact against your face to gauge the hue).
- 2. Apply it with a fluffy brush created for bronzer, blush or powder for a more diffused finish; using a denser kabuki brush could lead you to overapply it.
- 3. Swipe strategically just on spots the sun hits naturally: your forehead, across the bridge of your nose, along your cheekbones and on your chin.
- 4. Dust lightly with the brush rather than pressing it into skin, which can cause the bronzer to look patchy; layer as needed for more impact.

BEAUTY CLOSET

NEW + HOT

The latest and most exciting finds we've come across this month



COOL RINSE

This fruity aloe- and vitamin B_3 -infused body wash is as refreshing as its bright, lively packaging, designed by African American multidisciplinary artist Avery Williamson.

OLAY FEARLESS ARTIST SERIES RESTORING BODY WASH WITH ALOE, \$8, TARGET



EAU FRESH

Mist on the airy essence of green herbs (mint, sage) and zesty mandarin softened by cedar; for each bottle purchased, the brand will plant a tree through the Arbor Day Foundation.

RALPH LAUREN FRAGRANCES POLO EARTH, \$106, MACY'S



SUMMER SHADES

Liven up (and lighten) your makeup this season with this mini mirrored compact housing a sheer peachy cream lip and cheek color and four complementary eyeshadows in sunrise hues.

STILA COSMETICS COLOR COCKTAIL TRAVEL CHEEK, LIP & EYE PALETTE IN TEQUILA SUNRISE, \$28





Transforms even the driest skin in just one shower. New Dove body wash with microbiome nutrient serum.









5 Secrets to HEALTHY SILKY HAIR



hen you've been clinging to your last haircut for a bit too long, your hair shows it. Your ends, which are oldest, start to tangle

easily, look drier than the rest of your hair and begin to have a crunchy feel. This damage can give your hair a frizzy appearance, especially in humid weather. "Various physical and chemical factors used in excess, especially those involving heat, can cause progressive damage to the outer layer that normally protects our hair, which causes the underlying fibers to separate," says Joyce Davis, M.D., a dermatologist in New York City.

The reality is, there's no way to fully repair hair once it's been split or broken; the only way to truly get rid of split ends is to cut them off. But knowing the difference between physical and chemical damage can help you figure out the best strategy to prevent further splitting. Physical damage includes harm to the hair from too much brushing or combing; using hot tools like hairdryers, curling irons or straighteners frequently; non-fabric hair elastics; and tight hairstyles like braids. Chemical damage is caused by coloring hair, especially lightening, or using heat in relaxing, perming and smoothing treatments like keratin. Try these fixes that can help disguise frayed hair and stop split ends before they start:

Don't brush wet strands. Hair is especially prone to splitting when it's damp or wet. "Water swells and stretches the hair shaft, which causes the shingle-like outer layer to lift," explains GH Beauty Lab Senior Chemist Sabina Wizemann. "Adding stress from brushing in that state can cause it to break." Try brushing hair before you get it wet to prevent damage, she advises. If you have to comb your hair post-shower, gently towel-dry it until it's not dripping, then apply a leave-in conditioner all over strands before attempting to

detangle. And choose the right tool: Dr. Davis recommends opting for a gentler wide-toothed comb or a **Wet Brush** (wetbrush .com), which is specifically designed to protect wet hair.

Handle hair with care.
"Don't yank or pull strands when styling or brushing," Wizemann says.
To minimize tangles and tearing when combing, start from the ends and work your way up the hair in small sections. Steer clear of hair elastics or accessories made with metal, which can tug

and break hair. Instead, look for those made of or wrapped in fabric. Avoid tight braids or ponytails when possible to minimize breakage.

Turn down the heat. The heat from hot tools is one of the major sources of hair damage and splitting, so take the right precautions. "Fully dry hair before using a styling iron, as any water trapped within strands can heat up and expand, leading to additional damage," says GH Beauty Lab Director Birnur Aral, Ph.D. "And apply a heat- or thermal-protection styling product all over hair prior to hot tool use. This will coat strands with ingredients like polymers that can stand up to high temperatures, creating a shield that conditions, which reduces damage." Further mitigate it by putting hot tools on the lowest possible heat settings. For maximum split end prevention, try air-drying hair as much as possible (see right).

Dye strategically.

The chemicals in haircolor and bleach can cause severe damage if the products aren't applied correctly.

Make sure color is being applied to just the roots of hair when doing a touch-up so that the ends aren't exposed.

Condition constantly. Conditioning is one of the best things you can do to help reduce split ends. When you have split ends, your hair needs more hydration than ever. "Conditioners coat wet hair so it's easier to detangle, which can lead to less damage and make hair softer and more manageable," Aral explains. Apply a conditioner every time you wash, being sure to thoroughly cover the ends; add a leave-in conditioner and swap in a hair mask for more intense treatment as needed.

HEAT-FREE HAIRSTYLING

These new stylers are made to enhance hair's natural shape as it air-dries so it looks polished without hot tools (and damage).



FOR STRAIGHT HAIR

Boost hair's bend and body with this light lotion: Start by applying a small amount and add more as needed depending on hair thickness and length.

BUMBLE AND BUMBLE DON'T BLOW IT FINE (H)AIR STYLER, \$31



FOR WAVY HAIR

This styling foam brings out and smooths your wave pattern, leaving hair soft without weight.

JOHN FRIEDA FRIZZ EASE
AIR-DRY WAVES STYLING FOAM,
\$10, TARGET



FOR CURLY HAIR

Work the coconut oil-based cream through curls, twisting strands around fingers.

OGX LOCKING + COCONUT CURLS AIR DRY CREAM, \$9, WALGREENS



FOR COILY HAIR

This rich cream with nourishing plant butters and oils was created to soften and shape coils.

TPH BY TARAJI TWIST AND SET MOISTURE RICH TWISTING CREME, \$14. TARGET



Thanks to sun and sweat, summer is prime time for all types of uncomfortable, unsightly bumps and inflammation from pimples to razor burn, keratosis pilaris (a.k.a. chicken skin) and redness. Here, GH Beauty Lab and dermatologist expert solutions for skin that's smooth, clear and ready to show off.

THE ISSUE

SUMMER Breakouts

Excess oil production brought on by heat and humidity plus inflammation caused by bacteria can mean flare-ups of blemishes at any age. Ways to keep them at bay:

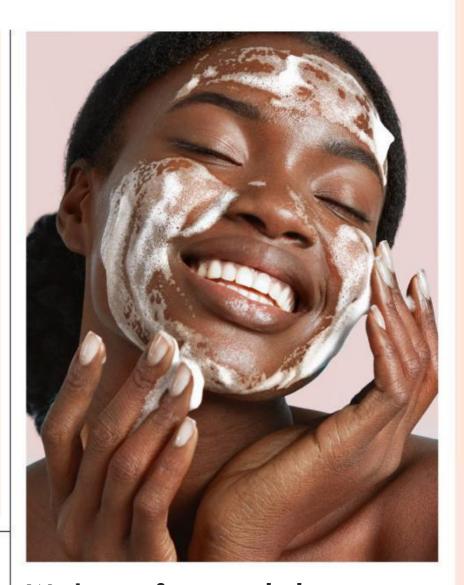


Don't touch!

For faster healing, dermatologists agree that you should never pick at a pimple. "It may seem tempting, but remember that once you've picked at an acne lesion, it will take longer to heal and is more likely to scar," says Doris Day, M.D., a dermatologist in New York City and author of 100 Questions and Answers About Acne. (To resist the urge, try the tip below.)

Apply a warm (or cool) compress.

Gentle heat is a simple way to soothe skin if you feel a blemish coming on, says Margarita Lolis, M.D., a dermatologist at Schweiger Dermatology Group in Hackensack, NJ. "Use a warm compress or steam to bring impurities to the surface," she advises. If you have a large, painful blemish, you can also apply a cold compress to the area to help reduce swelling.



Wash your face regularly.

"Oil glands are active all day," says Joshua Zeichner, M.D., a dermatologist in New York City and a medical adviser for Jori Skincare. When that oil combines with sweat, dirt, pollution and makeup, it can be a recipe for clogged pores and blemishes, so diligent deep cleansing morning and night is crucial. If you have persistent breakouts, "pick a cleanser with salicylic acid," says Marina Peredo, M.D., a dermatologist in New York City. The active ingredient "removes excess oil and dead cells from skin's surface," Dr. Zeichner explains.

GH BEAUTY LAB PICK: VICHY LABORATOIRES NORMADERM PHYTOACTION DAILY DEEP CLEANSING GEL, \$18, VICHYUSA.COM



Grab a spot treatment.

Tackle breakouts once they surface with a targeted acne spot treatment. Seek out the following ingredients for maximum efficacy:

Benzoyl peroxide, which kills acne-causing bacteria.

Salicylic acid to help unclog pores.

Retinoids to boost skin cell turnover, helping to prevent pores from clogging.

For the fastest results,
Dr. Zeichner recommends
immediately treating the
blemish with either a benzoyl
peroxide treatment or an
over-the-counter 1%
hydrocortisone cream to
reduce inflammation. "The
pimple may show some signs
of improvement within
an hour," he says.

GH BEAUTY LAB PICK: LA ROCHE-POSAY EFFACLAR DUO DUAL ACNE SPOT TREATMENT, \$31, DRUGSTORES







DIY Fixes

Address skin bumps like keratosis pilaris (KP) at home by treating the area with exfoliating and hydrating ingredi-

ents, Dr. Zeichner says. Look for exfoliating lactic or salicylic acid to help remove dead skin cells for a smoother texture, as well as urea, which softens rough skin and hydrates. Actives like glycolic acid and retinol can also help smooth skin's surface when used with moisturizer, says Rita V. Linkner, M.D., a dermatologist in New York City and founder of RVL Skincare. Avoid over-exfoliating or picking bumps, which can worsen them and lead to irritation, scabbing, marks or scars.

PRO PICKS: DOVE GENTLE EXFOLIATING BODY WASH, \$6, DRUGSTORES; **AVEENO** CREAMY MOISTURIZING OIL, \$7, DRUGSTORES; AMLACTIN DAILY 12% LACTIC ACID MOISTURIZING LOTION, \$16, WALMART



Derm Fixes

For more widespread, bothersome or persistent KP, you may want to visit a dermatologist, who can provide more

potent, lasting solutions such as:

- Prescription retinoids. "In the office, we can prescribe topical retinoids that normalize the growth of skin cells and help prevent dead ones from accumulating in pores," Dr. Zeichner says.
- Resurfacing laser treatments. These improve the appearance of redness, which often occurs around individual bumps. "Resurfacing lasers may give modest benefits by strengthening the foundation of the skin," he explains.
- A curated skincare regimen. A derm can tailor treatment to your specific needs. "KP can take a few weeks to improve with the proper skincare routine," Dr. Linkner says.



RAZOR **BURN**

Frequent shaving can lead to the painful red bumps known as razor burn. Here's how to put out (and prevent) the fire.

Exfoliate first.

It may seem counterintuitive, but exfoliating the skin you're shaving beforehand can help prevent razor bumps by smoothing skin's surface for a more even shave. Try an exfoliating body wash or a body scrub, recommends Mona Gohara, M.D., a dermatologist at Yale New Haven Health in New Haven, CT.

PRO PICK: SHEAMOISTURE 100% VIRGIN COCONUT OIL DAILY HYDRATION CREME SUGAR SCRUB, \$11, ULTA

Shave right. Glide the razor in the direction of hair growth to avoid irritating the hair follicles, advises Marta Camkiran, senior aesthetician at Haven Spa in New York City. The temperature of your shower can also have an effect: Use warm water and shave as the last step in your routine so both hair and skin are softer.

Calm angry skin.

If you already have razor burn, apply a topical antibiotic like Neosporin or an over-the-counter hydrocortisone cream to the inflamed area to reduce irritation, Dr. Gohara suggests. As with all types of skin bumps, don't touch or pick at them, which can further irritate and even open wounds.





A cucumber skin mask

"Create a simple mask from pureed cucumber and yogurt to bring the skin relief," says Tammy Fender, an aesthetician and owner of the eponymous spas in Florida. Both ingredients help to ease discomfort thanks to their cooling and soothing effects. Mix 1/4 cup of each together in a bowl; smooth over clean, dry skin; leave on for 10 minutes, then rinse. (Or try a premade version, below.)

> GH BEAUTY LAB PICK: PETER THOMAS ROTH CUCUMBER GEL MASK, \$7 FOR TRAVEL SIZE

A barrier treatment

Protect and promote the healing of inflamed areas by smoothing on a coating of a rich salve or ointment. "If you have peeling or raw areas, apply a petroleum jelly salve over them to help repair the skin," Dr. Zeichner recommends.



GH BEAUTY LAB PICK: GH SEAL STAR **AQUAPHOR** HEALING OINTMENT, \$12, AMAZON





Hydrating skincare

Think hydration, hydration, hydration when it comes to compromised skin. "Look for moisturizing skincare products that contain niacinamide [vitamin B₃] to soothe inflammation," Dr. Zeichner advises. "It's the ultimate multitasker, also helping to strengthen skin and even tone at the same time." In addition, he says, products with hyaluronic acid "can be used to plump and hydrate."



GH BEAUTY LAB PICK: GH SEAL STAR OLAY DEEP

HYDRATION VITAMIN B3 +
HYALURONIC ACID SERUM,
\$30. DRUGSTORES

Colorcorrecting cosmetics

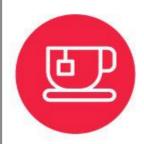
For a truly instant fix, turn to green-tinted makeup. The hue helps neutralize redness, says GH Beauty Lab Senior Chemist Sabina Wizemann. Layer on a primer with green undertones alone or before applying makeup, she advises.

GH BEAUTY LAB PICK:
GH BEAUTY AWARD WINNER
YSL BEAUTY NU TONE
CORRECTOR IN GREEN,
\$34, SEPHORA

A sheet face mask

Laying one of these moisture-saturated sheet face masks over reddened skin gives immediate cooling, soothing benefits. Try the GH Beauty Lab-tested pick below, which received the highest scores from consumer testers for calming skin.

GH BEAUTY LAB PICK: FARMACY HYDRATING COCONUT GEL SHEET MASK, \$16 FOR FOUR, FARMACYBEAUTY.COM



Chamomile tea

It's good for more than relaxation: "Make a compress by soaking a clean washcloth in steeped chilled chamomile tea to cool the skin," Fender says. Chamomile is known for its anti-inflammatory properties, and the cool compress can bring down any skin swelling.

PRESENTED BY UNDERSTANCE

Mesh overlay on the cup makes a secure fit, so you don't spill out.



Most bras have mushy foam cups, but the Ivy has lightly lined, slightly padded cotton cups. The soft, flexible cups give great support to any breast shape and size, from size 30 to 44 with cups from C to J.

Support



The Bra-Blem:
Straps That Slip

Tired of pulling your fallen bra straps back on your shoulders? With a U-shaped back and straps that are slightly angled, the Ivy won't slip. And here's a bonus: the bra's U-shape actually smooths back bulges.



BRA-BLEM SOLVED!

We all know what it's like to have bra-blems—whether your straps slip, your underwire pokes you, or you don't have enough support. Wouldn't you love a bra that's a solution and not a problem? The Ivy Full Coverage Underwire Bra by **Understance** is a lightly lined, flexible bra that gives a secure fit and is completely comfortable. Check out why you should unhook the bra you're wearing and put on the Ivy.

High-stretch wide bands hold you in and look smooth under your clothes.

The Bra-Blem: Poking Underwires

Hard underwire that pokes through and jabs you might be the worst bra-blem. The Ivy has the Understance signature FlexWire™ that gives the lift you want while forming to your shape. Plus, the flexible wire is short on the sides, so it will never poke out and dig into your skin.



The Bra-Blem:
Back Pain

If your back hurts, your bra could be the culprit. Take the pressure off your shoulders and your back with the wide straps and band of the lvy—and wear a bra that feels as good as it looks.



UNDERSTANCE

Bras and underwear that get you

Meet SIMONE, the newest member of the Understance family. Comfy, sexy, supportive, light, SIMONE is a traditional bra at its finest. Features our signature $FlexWire^{TM}$, chafe-free bands, and no-slip shoulder straps.

Available in 32-44, C-G Cup Arielle wears the Simone set in 40DDD and 2XL SHOP understance.com | 1024 Robson Street, Vancouver, Canada



Your Home

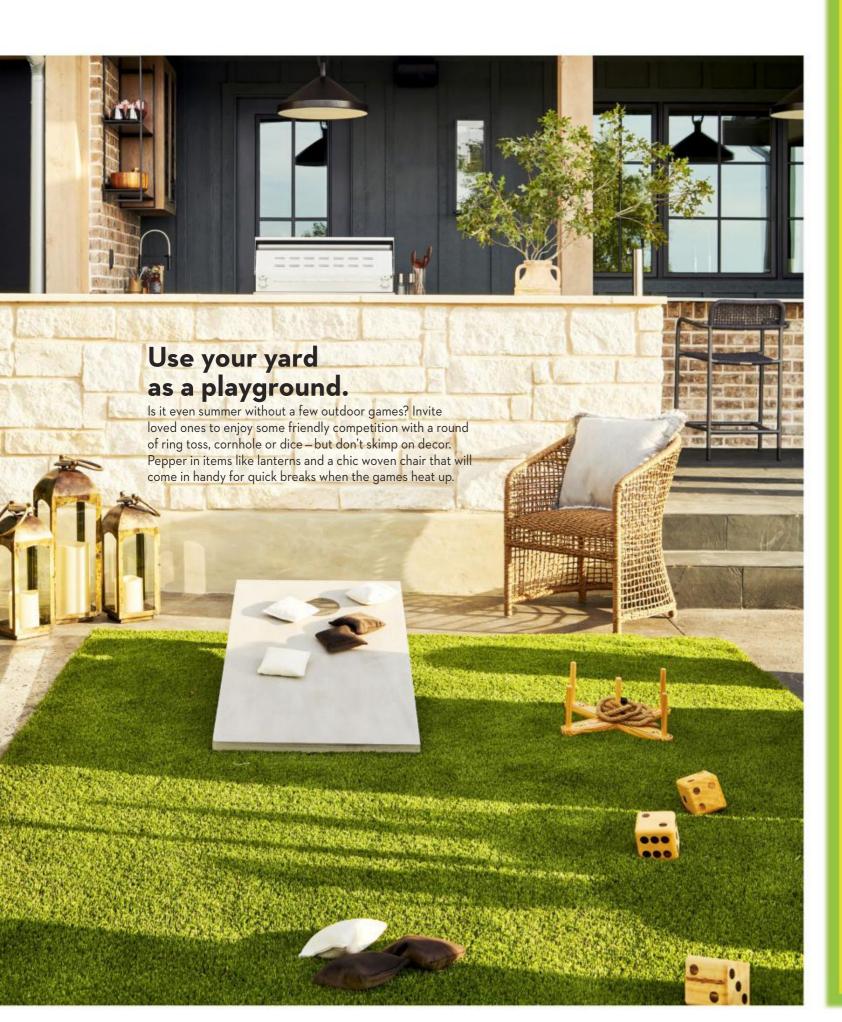






Cozy up to an outdoor counter.

You can build a simple outdoor bar on a budget from 4x4 "legs" and a treated-lumber top. "The homeowners wanted a window that offered a pass-through while the husband was grilling," says designer Maggie Griffin of this Atlanta setup. "Guests can also sit at the windowsill, and the cook in the kitchen can still feel like part of the conversation." Inject some pops of color, she adds, to "balance the expanse of wood tones and draw the eye from the interior of the home to the exterior living areas seamlessly."





OUTDOOR ENTERTAINING, THE PIONEER **WOMAN WAY**

Ree Drummond reveals how to prep for a memorable outdoor bash.

1.

PLAN AHEAD.

Lay out plates, accessories and decorative items the day before the party so you won't have to hurry to arrange it all right before your guests arrive.

2.

MAKE EASY DISHES.

Prepare apps—a caprese platter, crunchy coleslaw, potato salad – hours ahead of an event. Grilled meat is a go-to main course, but you can also cook brisket or a batch of roasted chicken legs the day before.

3.

PUMP UP THE PRETTY.

Amp up decor with fun pillows, seat cushions and assorted planters filled with herbs, flowers and even small veggie plants.

OP FROM REE'S NEW OUTDOOR LINE



THE PIONEER WOMAN GOLDIE 3-PIECE CAST ALUMINUM GARDEN BISTRO SET, \$198, WALMART.COM



THE PIONEER WOMAN EMBROIDERED MAZIE OUTDOOR PILLOW, \$20, WALMART.COM



THE PIONEER WOMAN BREEZY BLOSSOM **GARDENING** TOOL SET WITH BASKET, \$40, WALMART.COM



THE PIONEER WOMAN SWEET ROSE BLUE METAL WATERING CAN, \$20, WALMART.COM









Try a vertical garden.

Trade potted plants for this buzzy display that instantly draws the eyes up. Make your own vertical garden by crafting fabric pouches or buying hanging planting bags to fill with succulents, herbs or air plants. It's a foolproof way to make the most of a small space and welcome Mother Nature.

Enjoy cool nights with a simple firepit.

An outdoor fire adds a rustic vibe to your yard and helps ward off bugs; colorful seating and a few potted plants add to the ambience. To make sure kids and pets stay safe, enforce the three-foot rule, keeping them that distance from the pit at all times.



Hidden in PLAIN SIGHT

Don't let design challenges like radiators or power cords get in the way of your aesthetic. Try these creative hacks and DIYs to blend style and function seamlessly.

by MONIQUE VALERIS

Cover a radiator with a stylish shelf.

It's never easy making a radiator in a historic home look good. But Lauren Macke of Home Theology, a design blog and interior design firm, pulled it off in her 105-year-old Bluffton, OH, home with a DIY cane radiator cover. "The natural cane allows heat to easily escape and warm the room, while the faux doors and brass hardware give the look of a pretty piece of furniture," she says of the entryway space.





Disguise a support column with a duplicate.

Rather than view a support column as a challenge, designer Kim Armstrong chose to add another one even though it wasn't a necessity. "I kept the color white instead of painting it the color of the island because I wanted it to feel visually as light as possible," Armstrong says. "I worked the column into the end panel design so that we have balance and proportion, and it camouflaged what could have been an awkward structure.'

Tuck wires behind a shallow desk cabinet.

Workstations don't have to overflow with tangled cords, even if they're on the small side. Reno and Tahoe, NVbased interior designer and author Anne Sage outfitted this standingheight desk with a simple cabinet, designed by California Closets, that keeps cords and power strips under wraps. If you're on a budget, Sage suggests recreating the look with a 4"-deep mirrorless medicine cabinet. "Drill grommet holes for cord access, running from the desktop down into the cabinet, and paint it the same color as the wall behind the desk for a seamless look," she says.





PRESENTED BY HGTV HOME BY SHERWIN-WILLIAMS

ENHANCE A SPACE WITH PAINT.

There is nothing quite like enveloping a room with a transformative paint color. Express your design style with HGTV Home by Sherwin-Williams' Infinity, a durable interior paint and primer offered in flat, satin and semigloss sheens. It's a no-fail, 100% acrylic formula that takes just one coat to give any area an entirely new look. See our picks.



HIGH REFLECTIVE **WHITE** (HGSW7757)



SALTY DOG (HGSW9177)

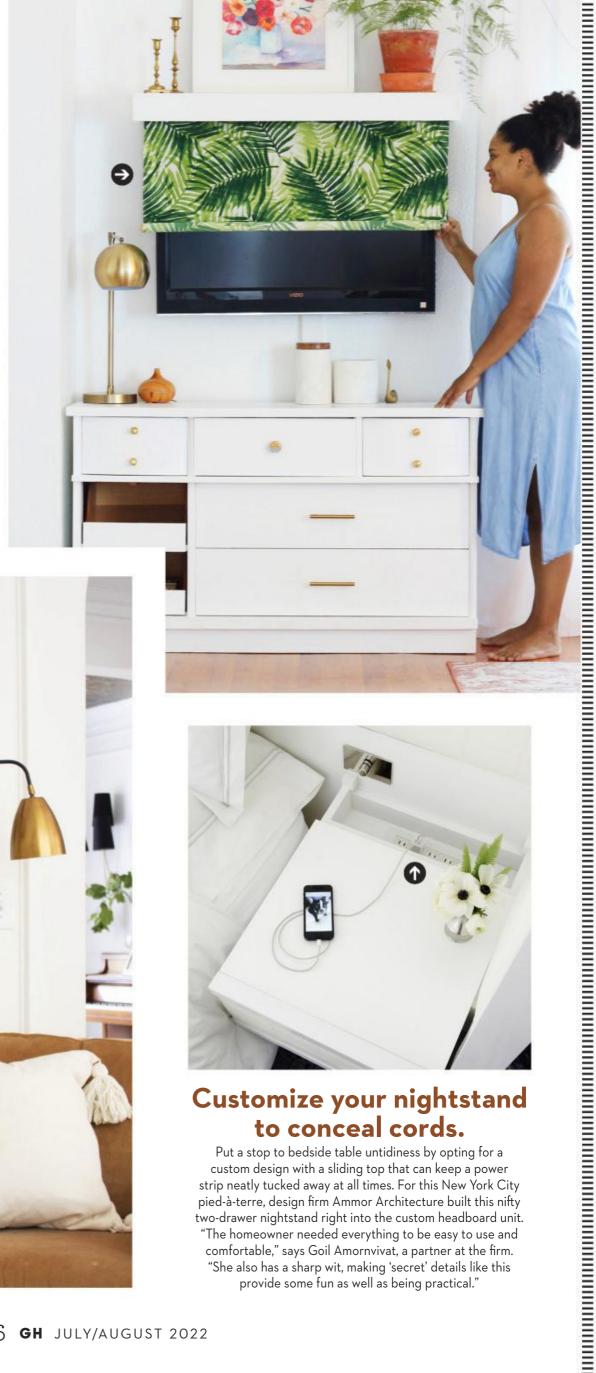
Mask a TV with a bold roll-out tapestry.

Don't want your TV to be the focal point of a room? Make a retractable cover like Amanda Walker of the home-design blog Dwell Aware did in her Dallas living room. Walker simply pulls down the shade when it's time to entertain guests and puts it up when she's ready to watch her favorite shows. "It gives the space an elevated feel," she says. Plus, the cover can be changed along with your design mood or the season. To keep the shelf securely in place, "use a stud finder to make sure you are inserting the screws directly into a wall stud," she recommends.

Hide a thermostat behind wall art.

This gallery wall isn't just a form of expression for self-taught DIYer Cass Smith. The middle of the arrangement features a piece of art that can be opened to reveal (and closed to hide) a clunky thermostat. "Since the wall space was so awkward and empty, this irregular gallery wall does a perfect job of filling the space and also creates lots of character," Smith says. All it took to do the trick was a vintage frame, two pieces of wood, hinges, screws and a magnetic catch.

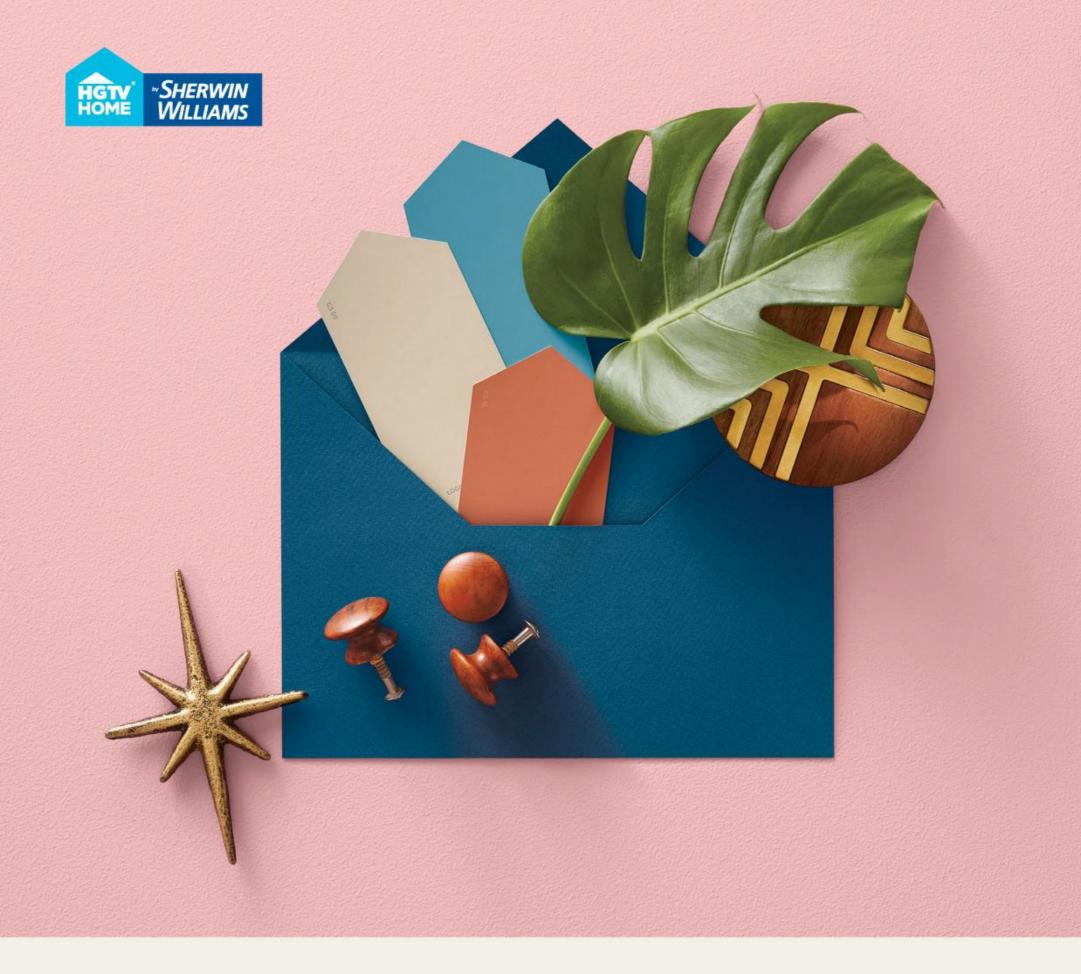






Customize your nightstand to conceal cords.

Put a stop to bedside table untidiness by opting for a custom design with a sliding top that can keep a power strip neatly tucked away at all times. For this New York City pied-à-terre, design firm Ammor Architecture built this nifty two-drawer nightstand right into the custom headboard unit. "The homeowner needed everything to be easy to use and comfortable," says Goil Amornvivat, a partner at the firm. "She also has a sharp wit, making 'secret' details like this provide some fun as well as being practical."

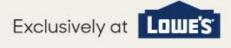


Get Free Paint Chips in the Mail.

The colors in the Eclectic Mid-Century Color Collection always match. Order your free paint chips at hgtvhomebysherwinwilliams.com.

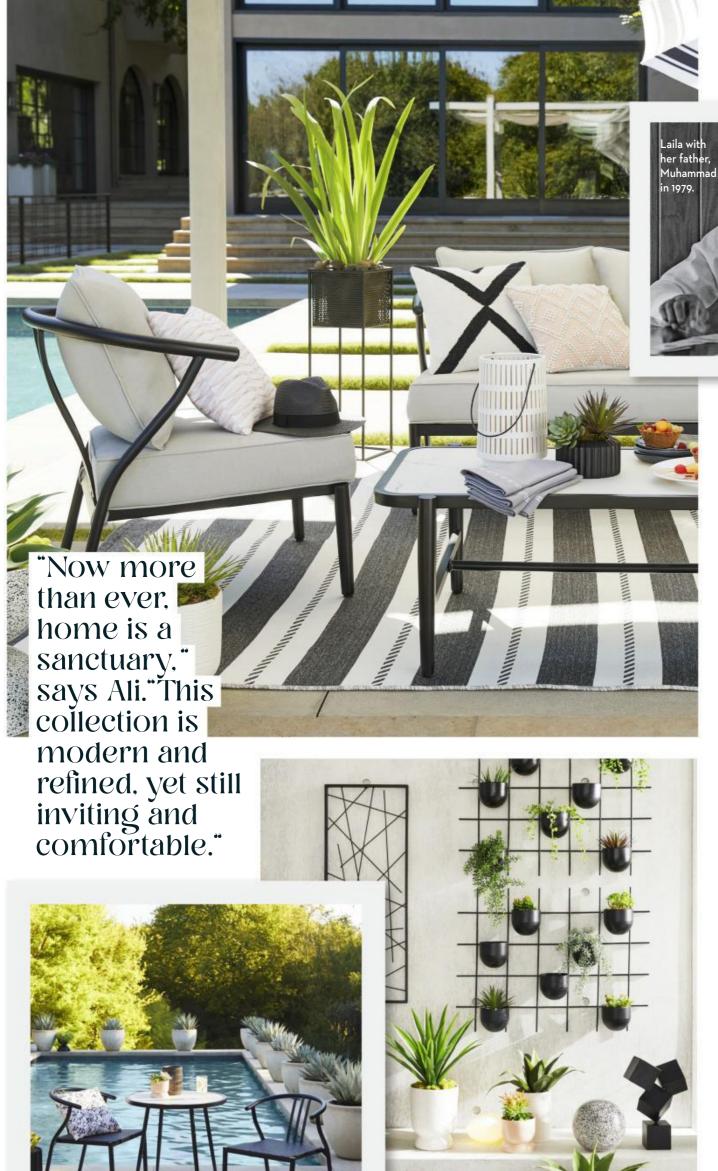








Laila Ali is much more than a boxer's daughter. The mom of two is a TV host and a wellness advocate, and she recently launched a line of outdoor furniture (shown here) with At Home. She shared entertaining advice, how she relaxes and more!



Left: Sydney Outdoor Glass Top Bistro Table, \$150; 2-Piece Sydney Outdoor Bistro Chairs, \$280. Right: 7-Bucket Black Metal Wall Planter, \$65; Metal Wire Panel Wall Decor, \$45; Multi-Cube Stacked Abstract Decor, \$22. All available at athome.com.

WE ASKED, LAILA ANSWERED!

Keys to a successful outdoor party:

Comfortable seating with shade, delicious food and music with the perfect vibe.

Go-to dish to prepare for family:

Tacos are a favorite at my house!

Dessert I can't live without:

Butter pecan ice cream.

Boxing or cooking?

Boxing...then cook a pot of gumbo for my guests!

My favorite way to relax after a hectic day:

A steam shower and a 20-minute foot rub from my hubby.

Surprising thing about my late father, Muhammad Ali:

He regularly cried tears of joy. Seeing others happy warmed his heart so much that he would literally shed tears.

Beloved family tradition:

Writing what we are grateful and hopeful for on New Year's Eve.

Three values I try to instill in my children:

Kindness, integrity and unconditional love.

One word that describes my home-decor line for At Home: Delightful.

Lesson I've learned this year:

That my children think I'm corny and that my husband is cool.



Our cleaning dynamo shares her tips and tricks to tackle your toughest cleaning challenges and all your trouble spots.



How can I keep my deck clean and ready for dining and entertaining?

– DANIELLE C.

A: Regular care is key to keeping outdoor spaces guest-ready this time of year. Sweep your deck often with a stiff-bristled outdoor broom to remove leaves, webs and loose dirt before it builds up. With the broom, loosen stuck-on stuff like dried mud or bird droppings, then wipe the spot with a cleaning wipe or a wet paper towel to minimize staining. Don't forget to give furniture and deck rails a brushing too. For a deeper clean, my colleague Dan DiClerico, GH's home improvement and outdoor director, recommends a mid-season pressure wash. (If your deck is made of composite, check the manufacturer's cleaning advice before you begin to avoid damage.) Dan likes the Ryobi 2300 PSI Brushless Electric Pressure Washer (from \$299, homedepot.com) because it comes with an onboard detergent tank that makes applying deck cleaner easy. After cleaning, rinse it thoroughly with fresh water from the pressure washer. Always start on a low setting to get a broad, gentle spray, saving concentrated blasts for problem spots. You can also use a garden hose, but you'll need to apply a separate cleaner and scrub stains with a brush.

Got any tips for zapping trash can odors? - JANETA.

A: I do! A few of the biggest culprits for odor are meat, fish and onion and veggie peels. If you can't compost (though new pickup services are popping up across the country), wrap the foods before tossing them in the can. I use a plastic produce bag or a piece of foil or plastic wrap I'm already discarding to contain these messes.

I also rinse off disposable meat trays. Try to keep spoiled foods or old leftovers in a separate spot—and clearly marked—in the refrigerator or freezer until garbage collection day. Finally, sprinkle baking soda into the can or tuck an air deodorizer, like GH Seal star **Febreze** Small Spaces, under the trash bag for nonstop odor control.

TESTED FOR YOU

Brilliant Jewelry Polisher

It's easy to forget that jewelry needs cleaning until you look closely and notice that stones and settings are, well, lackluster. The **Juli** Diamond Cleaning Essentials Kit simplifies this tedious task. It's a rechargeable tool with firm, multilevel bristles that vibrate at 500 microstrokes per second to clean diamonds of any size and shape, in any setting. Cleanser and a polishing chamois are included, and the cap has a clip that doubles as a holder to keep soapy rings from accidentally slipping down the drain - genius! LAB RESULTS: Juli wowed us! The gel cut through dulling hand lotion film, the bristles tackled gunk in the tiniest crevices and the chamois buffed gems and gold to a jeweler-quality sparkle.

GH Lab tip: Juli calls itself a diamond cleaner, but it's also safe for other hard stones, like sapphires and rubies, though not for soft ones, like opals.



ESSENTIALS KIT \$160, JULIBRUSH.COM

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough eczema treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

- Fast itch relief*
- Clearer skin that lasts*
- Not an immunosuppressant
- Not a cream or steroid

In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.







Since FDA approval for adults

TALK TO YOUR ECZEMA SPECIALIST AND GO TO DUPIXENT.COM TO FIND OUT MORE

INDICATION

adults and children 6 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under **DUPIXENT can cause serious side effects,** 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

with DUPIXENT; are pregnant or plan to become cramps in your stomach-area. pregnant. It is not known whether DUPIXENT will harm your unborn baby. A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and blurred vision. Your healthcare provider may your baby. To enroll or get more information call send you to an ophthalmologist for an eye exam given by a caregiver. 1-877-311-8972 or go to https://mothertobaby. if needed. org/ongoing-study/dupixent/; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription provider about any new or worsening joint Pharmaceuticals, Inc. All Rights Reserved. and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you **The most common side effects in patients** DUPIXENT is a prescription medicine used to treat are taking oral, topical or inhaled corticosteroid with atopic dermatitis include injection other asthma medicine without talking to your in your mouth or on your lips. healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

including:

using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any Before using DUPIXENT, tell your healthcare of the following signs or symptoms: breathing provider about all your medical conditions, problems or wheezing, swelling of the face, lips, **including if you:** have eye problems; have a mouth, tongue, or throat, fainting, dizziness, parasitic (helminth) infection; are scheduled to feeling lightheaded, fast pulse, fever, hives, receive any vaccinations. You should not receive joint pain, general ill feeling, itching, skin rash,

> Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as

Joint aches and pain. Some people who use DUPIXENT have had trouble walking or moving **Sanofi REGENERON** due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

medicines or if you have atopic dermatitis and site reactions, eye and eyelid inflammation, asthma and use an asthma medicine. Do not including redness, swelling, and itching, change or stop your corticosteroid medicine or sometimes with blurred vision, and cold sores

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged Allergic reactions. DUPIXENT can cause allergic to report negative side effects of prescription reactions that can sometimes be severe. Stop drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. Do not try to a "live vaccine" right before and during treatment swollen lymph nodes, nausea or vomiting, or prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children under 12 years of age, DUPIXENT should be

Please see Brief Summary on next page.

© 2022 Sanofi and Regeneron

DUP.22.03.0073

YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.* CALL 1-844-DUPIXENT (1-844-387-4936)

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) (DU-pix'-ent)

injection, for subcutaneous use

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat adults and children 6 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT? Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - Pregnancy Exposure Registry. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
 - The DUPIXENT pre-filled pen is only for use in adults and children 12 years of age and older.
 - The DUPIXENT pre-filled syringe is for use in adults and children 6 years of age and older.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be given by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a
- If your dose schedule is every other week and you miss a dose of **DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within

7 days, wait until the next scheduled dose to give your DUPIXENT injection.

- If your dose schedule is every 4 weeks and you miss a dose of **DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject too much DUPIXENT (overdose), get medical help or contact a Poison Center expert right away at 1-800-222-1222.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT? **DUPIXENT** can cause serious side effects, including:

- Allergic reactions, DUPIXENT can cause allergic reactions that can **sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.
- Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- Joint aches and pain. Joint aches and pain can happen in people who use DUPIXENT. Some people have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, cold sores in your mouth or on your lips, and joint pain (arthralgia).

The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591 U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591) DUPIXENT® is a registered trademark of Sanofi Biotechnology / ©2021 Regeneron Pharmaceuticals, Inc. / sanofi-aventis U.S. LLC. All rights reserved. Issue Date: December 2021

DUP.21.06.0182

Life + Health





Ashley Rogers didn't expect to have a cesarean birth. Her pregnancy had been uneventful, and she had been planning a natural birth after her first child had been born via C-section 11 years earlier. So in July 2021, when doctors told her a C-section would be the safest way to deliver, "I was freaking out," Ashley recalls. Luckily, in addition to her husband, Marley, Ashley had her doula, Nadia Gramby, by her side.

"I remember lying on the table and Nadia coming over. She whispered, 'It's going to be OK. You got this.' And I was totally fine after that!" says Ashley, who gave birth to her son, Makaio, that day.

For Black birth workers like Nadia, a doula based in Birmingham, AL, it's moments like these that crystallize the decision to dedicate their lives to caring not just for expectant mothers, but for expectant Black mothers.

The United States has the highest maternal death rate of any developed nation in the world, and while rates are declining in most countries, the numbers have been steadily rising in the U.S. over the past three decades. For Black women, the statistics are even more daunting. In 2020, the maternal mortality rate for non-Hispanic Black women was 55.3 deaths per 100,000 live

births—nearly three times the rate for non-Hispanic white women.

After working in human resources for 15 years, Nadia became a certified doula five years ago. "I never looked back," she says. "I was called to this by God."

Today Nadia is a birth and postpartum doula and a childbirth educator, meaning she offers her clients emotional support before, during and after birth, as well as childbirth education, which makes them aware of their rights in the birth room and beyond. She's also studying to become a certified professional midwife, which would enable her to manage the medical care of mom and baby before and during birth.

Additionally, Nadia serves as a mentor for other doulas, helping them with the business side of birth work and striving to fill the gaps in traditional doula training.

"Most of the things that are happening in our communities are not addressed in a lot of doula trainings," Nadia says. "They give you these scenarios of people who have these perfectly put-together families. But I meet people who don't have support systems already in place."

For Nadia, being a childbirth educator doesn't begin and end with her clients and mentees. She finds herself answering questions about childbirth even when she's at the nail salon. And she typically shares information via social media most days.

"It's another avenue for my clients to get information but also for people who may never meet me or who live in other countries to get information that is free," Nadia says. "Sometimes people can't afford a doula. Social media makes it more accessible, and you can go back to that information as many times as you'd like. You can pull it up while you're in labor."

It was through Facebook that Ashley connected with Nadia the summer before Makaio's birth.

"With my first experience, I didn't have a lot of say-so," Ashley explains about why she decided to bring a doula into her second labor. She was also haunted by stories and statistics of Black women suffering fatal complications during pregnancy or delivery. "Seeing what other Black women went through," she says, "I wanted to have someone to be there with me."

Nadia says one of her top priorities is teaching clients how to speak up for themselves throughout their pregnancies. When Ashley was unhappy with her health care provider, Nadia helped her find a new one. "You can leave your doctor at any time," Nadia says, adding that this is something many expectant parents don't know.

Doulas can support the couple throughout the process

Nadia stresses that even pregnant people who have the support of a doula need support at home too. "A doula doesn't come in to replace a partner or a husband," she says. Ashley's husband and Nadia worked as a team throughout her pregnancy to ensure



Summer is a time for fun in the sun, filled with plans of backyard barbecues and pool parties at home with family and friends. However, with warmer temperatures come unwanted houseguests: bugs. Enter Zevo, the worry-free way to take care of those extra pests. Take these steps to protect your home and your family from bugs and unnecessary chemicals, ensuring the only guests in your home this summer were invited in the first place.



"Our lab experts were impressed by the innovation behind the Zevo sprays and traps, which provide effective protection against a wide range of insects. Zevo traps contain no chemical insecticides and are proven to work great on fruit flies, houseflies, and gnats. The Zevo

line of sprays work great on both crawling and flying insects and are powered by essential oils including lemongrass and cinnamon, which are considered minimum-risk pesticides."

—BIRNUR ARAL, Ph.D., Executive Director, Health, Beauty & Sustainability Lab



you'll be ready for the next bug you see in your home—flying or crawling.

Keep It Plugged In

Using a combination of blue and UV light to attract flying insects, **Zevo Flying Insect Traps** are free of chemical insecticides. Keep this trap plugged into an outlet in your home to keep those flying intruders away.

Get rid of bugs the worry-free way.

Visit **zevoinsect.com** to find the perfect products for your home insect-control needs. Zevo Sprays and Traps are available at stores nationwide.



she was eating properly and drinking enough water. He also helped Ashley with the exercises Nadia wanted her to do to prepare for labor and delivery.

"She really involved my husband, where the state of the state

"She really involved my husband, which he really appreciated," Ashley says. "She brought us together and was that glue."

When it was time for labor and delivery, Nadia was there to speak up for Ashley in the birth room. "I didn't have to do a lot of the communicating, and that helped me because I was already nervous," Ashley says. Nadia used essential oils and music to help quell Ashley's anxiety during labor. She even encouraged her to dance with her husband. And Nadia's calm tone and demeanor helped when Ashley's natural birth plan didn't go as expected.

Black doulas as advocates

In 2020, the CDC launched Hear Her, a campaign aimed at raising awareness of urgent maternal warning signs during and after pregnancy; these include dizziness or fainting, changes in vision and extreme swelling in the hands or face, among others. The program also seeks to improve communication between pregnant and postpartum patients and their health care providers, which Nadia views as part of her job as well.

"A lot of what I do is encouraging people to stand in their truth about what they need," Nadia explains. She adds that this can be especially difficult for Black women. "When you have been told not to speak up and you don't want to be viewed as the angry Black person, sometimes you push down your feelings, and that carries over into the birth room," she says.

In 2015, the American Nurses Association introduced a new standard called "culturally congruent practice," a model to be followed by health care professionals that emphasizes a community's inherent heritage and acknowledges the historical trauma that may affect health outcomes. The ANA has reported that it believes nursing practices adhering to this standard can improve health care access, promote positive outcomes and reduce health



THE DOULA Nadia Gramby

What gives you hope?

This is going to sound so cliché, but the short answer is God.

What's in store for your future?

I foresee witnessing so many miracles in my business and n the lives that I will be a part of. I am focused on building the right relationships so that I will have everything that I need. When I have everything that I need, I can give everything that I'm supposed to give to the people that are called to me. So, what I see in my future is being in alignment with God's will for my life.

Why is thinking about the future important?

You need to know what you're planning for. Everything that I'm doing now is to build my future. My future says that I will have birth centers, a large staff and that I will train other midwives. I need those doulas and trainees to be a part of my journey.



disparities in vulnerable populations such as the LGBTQ+ and BIPOC (Black, Indigenous and People of Color) communities, among others.

Nadia, however, doesn't think that's enough. She believes more Black birth workers are needed.

"There is a difference between cultural competency and actually being a part of the culture," Nadia says. Having someone who looks like you in the delivery room makes a difference, she adds: "It's a necessity; it's not a luxury. I don't advise any Black woman to have a baby—especially in a hospital—without a doula, specifically a Black doula."

That said, Nadia believes it takes a village to lower the Black maternal mortality rates. "One of the challenges for doulas and midwives is that a lot of the responsibility has been placed on us," she says, adding that community members need to get involved too.

To do that, Nadia suggests informing the pregnant people in your community of their options and rights and empowering them to be their own advocates. "Doulas and midwives," she says, "can't do it all." *



This article, created in partnership with Lexus, is part of **Future Rising**, a series that celebrates the profound impact of Black culture on American life. For the series, writer Javacia Harris Bowser also interviewed Amiri Nash, a student at Brown University, and his high school English teacher Tiffany Jackson about the importance of Black educators and their hopes for the future. To read the story, go to **goodhousekeeping**.com/future-rising-black-doulas.
For the entire Future Rising series, go to

oprahdaily.com/futurerising.





Ashley with her son, Makaio

THE MOM

Ashley Rogers

What gives you hope? Because of social media and seeing so many Black advocates for

Because of social media and seeing so many Black advocates for doulas now, I do feel like there is hope for my daughter and even my son, that they will know that there are options out there for you to have that support. There is someone who will advocate for you.

What's in store for your future? I just passed my real estate exam. I wanted to always have a

I just passed my real estate exam. I wanted to always have a space where I could control my schedule to be there for my kids and be able to be more involved with them.

Why is thinking about the future important?

For the generation that's behind us, my kids and other kids that's coming, I feel like it's important to create a platform for them and give them opportunities.

Knowledge of your whole cat—from a team of vets, behaviorists and nutritionists who love cats—inspires everything Purina does. From food to treats to litter and more, it's whole care for the health of your whole cat—body, mind and total well-being.

DR. ANNIE VALUSKA

Proud Cat Mom











Watch the video to discover how Whole Cat Care can benefit your cat.

Purina trademarks are owned by Société des Produits Nestlé S.A.



10e-Worth

Whether your warm-weather plans include sand between your toes or a breeze from a ceiling fan, we've got a diverse selection of fantastic books that will take your mind on vacation.



photographs by MIKE GARTEN prop styling by ALEX MATA

LGBTQ+ ROMANCE

Yerba Buena by Nina LaCour

Sara and Emilie are each at a crossroads when they meet at the glamorous restaurant where they both work. But despite an undeniable spark between them, their complicated lives get in the way. This is a will-they, won't-they that's quietly devastating and deeply relatable for anyone who has struggled to decide what they're willing to risk for love. \$27

QUIRKY THRILLER

So Happy for You by Celia Laskey

In a world in which wedding rituals have grown sinister, queer academic Robin wants nothing to do with them - until her childhood BFF taps her as maid of honor. But after she agrees, Robin learns that the bride may be asking her to do more than stand beside her. This darkly funny friendship novel will make even the worst real-life wedding weekend seem idyllic. \$27

BIPOC ROM-COM

On Rotation by Shirlene Obuobi

In this charming rom-com, med school student Angie is a child of Ghanian immigrants with sky-high standards. But she's falling short after her boyfriend dumps her, she bombs a big exam and her best friend grows distant. That is, until the handsome Ricky shows up. Angie has sworn to focus on her studies, but Ricky might just force her to rearrange her priorities. \$28

EMPOWERING ROMANCE

Honey & Spice by Bolu Babalola

Kiki Banjo is the queen of keeping herself and others out of "situationships" that lead nowhere fast. But when she kisses confirmed player Malakai Korede (whom she's publicly denounced), they enter into a fake romance to salvage both their reputations. Will it stay that way? This laugh-out-loud romance will keep you guessing and your sides splitting. \$28



FAMILY FICTION

Keya Das's Second Act by Sopan Deb

After his daughter Keya's death, Shantanu is isolated from his Bengali community, his surviving daughter and his now-ex wife. But when he unearths a script Keya wrote with her high school girlfriend, he, alongside his older daughter, Mitali, and her boyfriend, Neesh, decides to stage the play. Maybe, in bringing her art to life, he can restart his own. **\$26**

VACATION ROM-COM

Book Lovers by Emily Henry

Thanks to her career as a literary agent, Nora already knows all the rom-com stereotypes. So when her sister invites her to spend a month in a sleepy town, she has no intention of becoming one. Besides, her editor nemesis is there, and she's definitely not falling for him — right? This selfaware romance is funny, sweet and totally unputdownable. \$27

SELF-DISCOVERY STORY

Mika in Real Life by Emiko Jean

When Mika gets a call from Penny, the daughter she placed for adoption 16 years ago, she tells a few lies just to impress her. Then, when Penny visits, Mika constructs an elaborate ruse to uphold her story. When it all comes crashing down, mother and daughter have to rebuild their faith in each other. It's a beautiful tale of love, trust and forgiveness. \$28

SATIRICAL COMEDY

Jameela Green Ruins Everything by Zarga Nawaz

Jameela wants to see her memoir on the best-seller list. But when she asks her imam for help, it sets off a chain of events that involve tangling with a terrorist organization called D.I.C.K. and a rescue operation to Syria. This black comedy takes aim at American foreign policy in the Middle East in a hilariously inventive way. \$27





IN CONVERSATION

EYNA KROW

The author chats about her inspiration for a magical modern Western.

Why use the Spokane Fire of 1889 as the setting of Fire Season?

I've lived in Spokane, WA, for 12 years now, and I worked as a city tour guide for a while. As I told the story of the real Spokane fire over and over, it got into my head as something that would be interesting to write about, particularly because no one really knows why it started. For someone who's not a great student of history, that was really interesting to me, because when there's no real answer, you can kind of make up whatever you want.

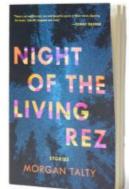
Why was adding a woman with agency important? Roslyn as a character took years to get to where she is now. I wrote the first two sections of the book before I got married and had my daughter. When I went back to finish the book, something about that change in me and my life and what was important to me heightened my desire to write a story about a woman who, in a real scenario, would not have had very much power in her life at all.

Talk about the magical element. Fabulism is where I live; most of what I write has some magic in it. I liked the idea of having this "con men in the West" story but with this element you haven't seen before. And I think magic opens a lot of doors for showing something new in kind of an old story.

FEEL-GOOD READ

Fire Season by Leyna Krow

When a fire devastates Spokane Falls in 1889, some see opportunity smoldering in its ashes. Two of those are bank manager Barton Heydale and con man Quake Auchenbaucher, who is posing as a fire investigator. But when their lives (and hearts) collide with Roslyn Beck, whose ability to see the future drives her to booze, their deep greed takes them places no one expected. This feminist, magical Wild West romp is exactly the summer treat we all ordered. \$27



SHORT STORY COLLECTION

Night of the Living Rez by Morgan Talty

In these searing, devastating and darkly funny interwoven stories, we meet a community of Penobscot people on a Maine reservation. You'll encounter family tragedy and struggles with drugs and poverty, but also plucky children, adults who survive against all odds and an abiding love that will stay with you for a long time. \$17



LYRICAL FICTION

Maps of Our Spectacular Bodies by Maddie Mortimer

As Lia confronts a devastating diagnosis, secrets from her past begin to infect her present just as illness overtakes her body. As its voice grows stronger and stronger, Lia and her family have their own battles to fight in its wake. This is a touching, eyeopening perspective on life and illness like you've never read before. \$19



SUMMER FRIENDSHIP

Last Summer on State Street by Toya Wolfe

It's summer 1999, and the Chicago housing project where Fe Fe and her friends live is getting torn down. As demolition draws near, their games of double Dutch are tainted by gang violence, family upheaval and betrayal. This coming-of-age story is laced with self-discovery and shows how tragedy in childhood can follow us forever. \$28



DIFFICULT FAMILY

After the Hurricane by Leah Franqui

Elena has a difficult relationship with her father, Santiago, an alcoholic lawyer with bipolar disorder. But after Hurricane Maria devastates Puerto Rico and he goes missing, she sets out to find him. Once there, she learns more about her family's history than she ever expected in a journey that's part mystery, part love story. \$28

ENSURE® COMPLETE

WITH COMPLETE, BALANCED NUTRITION®, 30 GRAMS OF PROTEIN, AND NUTRIENTS TO SUPPORT IMMUNE HEALTH







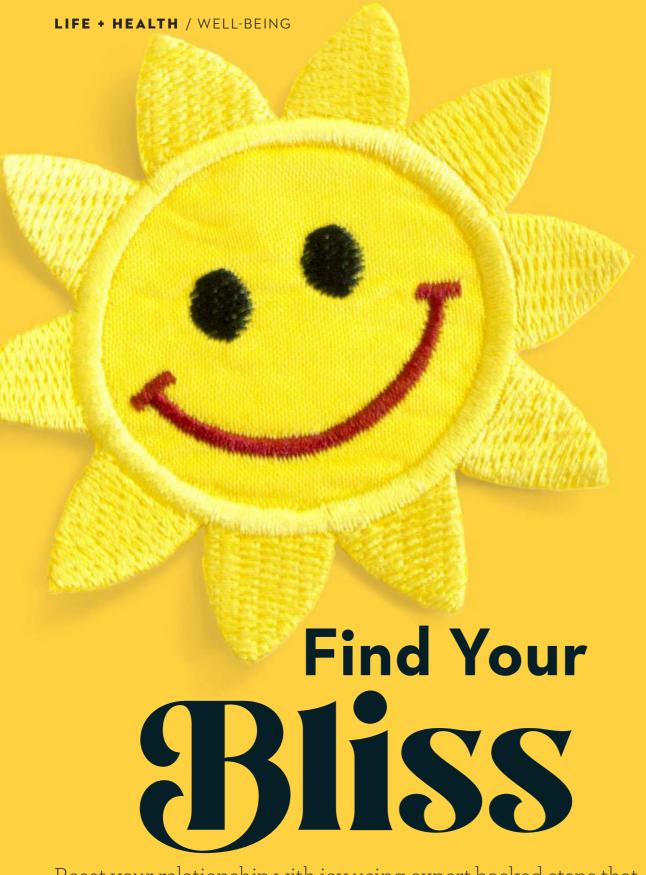


Available in 3 delicious flavors: Milk Chocolate, Vanilla, and Strawberry

\$3 INSTANT COUPON!
ensure.com/instantcoupon







Reset your relationship with joy using expert-backed steps that can help you start your journey with energy and positivity.



It's an age-old question: What would make me happier? Maybe getting that dream job, finding love or winning the lottery will do it, right? The truth is, while those things might bring temporary happiness, evidence suggests that finding joy is deeper than just getting what you want in a given moment. Happiness comes from

within, not from what happens to us.

"There are many factors that contribute to happiness," explains Sonja Lyubomirsky, Ph.D., a professor of psychology at the University of California, Riverside, and the author of *The How of Happiness*. "Happiness really is more internal than external, so it's how you feel about yourself, other people and the world around you. It's how you behave and think, how you behave on a daily basis, that influences happiness the most."

Happiness is an active process, something you must cultivate daily. Read on for some big and small suggestions that might just make you smile.



Nourishing our bodies and minds is key to being the best version of ourselves. "When we don't take care of ourselves, we're more likely to feel fatigued



and get physical symptoms, like stress-related headaches or pain," says Helen L. Coons, Ph.D., a clinical health psychologist specializing in women's behavioral health and wellness at the University of Colorado School of Medicine. Start down a path toward better self-care by adding small acts to your routine that make you feel happy, healthy and rejuvenated. A few ideas:

Embrace relaxation. Take some "me time" with a luxurious bath complete with candles and Epsom salts. Go the extra mile with a do-it-yourself manicure or pedicure (see page 11 for tips and products).

Get moving. Try an impromptu dance party by cranking up your favorite tunes whenever the mood strikes.

Be kind. Try offering up compliments or holding doors for others. Small acts of goodwill feel good!

Find serenity in solitude.

Getting away from the external world to be alone with your thoughts and find a sense of calm is a



great way to disconnect from distractions and look inward for happiness.

We're wired to connect with others, so finding solitude might seem difficult at first. But it's necessary—a study by the University of California, Santa Cruz, revealed that solitude is a "biological need" and that it "supports identity development as well as intimacy with others" and "promotes happiness." Try looking at solitude as a way to recharge your mind and reconnect with your values to allow better connection with others.

Work to develop a daily practice by spending some time alone every day, noticing your thoughts and directing them toward "the greatest ideal of yourself," says Joe Dispenza, Ph.D., a personal-transformation teacher featured in the film What the Bleep Do We Know!?

Build better boundaries.

Putting firm guardrails around your time can have a significant impact on your overall happiness. "Boundaries establish healthy relationships and a sense of identity, boost your self-esteem and reduce resentment and anger," says Brian Wind, Ph.D., chief clinical officer at JourneyPure drug and alcohol treatment centers.

The first step is realizing you might be doing a lot for others, but not enough for yourself. "Learning to say no is a valuable key in boundary setting," says Daniel Bristow, M.D., FAPA, a board-certified psychiatrist and a physician editor for behavioral health for MCG Health. Say no to the things you can't commit to and notice how it makes you feel. With practice, the people in your life will understand, and you'll become a better friend, family member or employee by protecting your energy.





Nourish your connections.

Just as solitude is important to happiness, so is connecting with others. There's a reason that grabbing a cup of coffee with a friend or chatting on the phone with a family member often rejuvenates us. Our social connections can feel like necessary components of our lives—because they are: In fact, a qualitative study on happiness at the end of life revealed that adult patients receiving palliative care had a common message for younger people, which was to prioritize "social connection and engagement with the natural world."

The relationships we forge with others have a big impact on our emotional health and happiness as well as our physical health, explains Brigham Young psychology and neuroscience professor Julianne Holt-Lunstad, Ph.D. "We need to take our social relationships as seriously as we take our diet, exercise and nutrition," she says.

To combat loneliness and nourish social connections, reach out to friends or family members (try video calls if distance is an issue). We can all benefit from making new connections too. Volunteer at an animal shelter or a food pantry, or take classes and join clubs where you'll be likely to find people with similar interests. Search local event listings or visit sites like Meetup, an online tool for finding events and communities.



Go with gratitude.

Experts say giving thanks actually increases happiness.



"Gratitude is the antidote to negative emotions and taking things for granted," says Lyubomirsky. It makes you feel more positive about life in general and affirms the goodness in life, ourselves and others, which paves the road to a happier mindset. Here are a few tips to get you started.

Write letters. A note of thanks will boost both your and the recipient's mood and help you realize the power certain connections have in providing joy.

Fall asleep happy. As you drift off each night, think about three things you appreciate, such as an important person, highlights of the day or something you

Focus on little things. We tend to get caught up in the major areas of life like work and relationships, but expressing thanks for sunshine after a rainy day or a kind person at the grocery store can easily restore a strong sense of gratitude.

have to look forward to.

JOIN GH+ FOR MORE!

Want more joy-inducing ideas? Become a GH+ member to access the 14-Day Happiness Challenge guide as well as all our exclusive, inspiring guides and challenges, such as the 21-Day Sugar Detox Plan, the 14-Day Declutter Guide and Smoothies & Sweet Treats. For details, go to goodhouse keeping.com/go/join.





"If I lost everything, we'd build it up again together."

After a less-than-perfect introduction, the second time was a charm for *Family Feud* host Steve Harvey and his wife, Marjorie. This summer marks 15 years of marriage for the couple.

As told to SELENA BARRIENTOS

Steve Harvey first laid eyes on his now-wife,

Marjorie, when he was performing a stand-up show at a Memphis comedy club in 1987. She walked in late to a seat down front, and Harvey took the opportunity during his set to speak directly to her. "The very first thing I said to Marjorie was, 'I don't know who you are, but I'm going to marry you one day.' That was the beginning," Steve says.

But their initial sparks fizzled, and they lost touch. In 2005, by a twist of fate, they reconnected through mutual friends, and they've been together ever since. After dating for a year, Steve proposed, and the pair became husband and wife on June 25, 2007. In honor of their 15th wedding anniversary this summer, Steve took some time in between filming new episodes of *Celebrity Family Feud* to write a letter to his wife reflecting on their time together.



Letters from the Heart

Our series **Love Letters**features messages of
gratitude from your
favorite personalities
to those who have
made a positive
impact on their lives.

Marjorie,

Nearly two decades have flown by, and I have felt lucky every single one of those days. I don't know if I can describe our connection in words, but I'll try.

When my bodyguard
Boomerang handed me his
phone that day in 2005, I had no
idea who was on the other side
of it. But I recognized your voice
right away, and it was the best
day of my life. The next day, I
met you in Memphis for lunch,
and when I saw you, I knew I
wasn't going to blow it a second
time. The first time around

didn't pan out the way we would have wanted it to. I became homeless, I ran out of money and I got into some trouble. Things went south for me, and I had no way of reaching out to you—this was before cell phones—so I just disappeared.

When we reconnected, I still wasn't where I wanted to be. Even though I was making moves, I had nothing. I was in a dark space for quite some time, and I think all the stars aligned for us at the right moment.

I finally had somebody I

could start over with. You were willing to get in that foxhole with me and grow with me. When we got back together, it was even better because we knew each other. It was just a perfect fit. It's hard to explain. It wasn't work. It wasn't hard to be together. We laughed all the time. You made me happy. I made you happy. I filled in all your gaps. You sure filled in all my gaps. It didn't take long for me to realize that you were the chick for me.

You gave me something I never had before in my life as an adult. You gave me peace. Receiving that gift from you freed me up to think and really do my job. But you didn't stop there. You had a lot of foresight about my future that I didn't have. You told me that I was going to be all over TV in mainstream America. This was before Family Feud, my talk show, my first book and Miss Universe. You told me that all of this was going to happen to me, so I had to get ready for that. I wish the world knew how smart you are. You've never given me bad advice. Everything you've told me about my career has been spot-on. All the advice you've told me to do and not to do—if I do it, it works out; if I don't do it, I wish I had.

Through our marriage, we learned to go with the flow.

I also learned to listen more. But the best lesson you've taught me is that no matter what happens, we will always be fine. You taught me how to keep moving. You also opened my eyes to a different style of parenting. The way you handle motherhood is amazing. You are a much better parent than I am because you take the time to parent. You understand our children in a way I never have, but I look at you as an example.

I think a person should give their flowers while they are living. I want to thank you, because without you there is no way my life could be this. I owe you a debt of gratitude because you simply changed my life. If people get tired of hearing me say that, that's OK. It doesn't change the facts. You are the single biggest reason outside of God's grace that I am where I am today. You're the one. I feel like if I lost everything, you'd stay with me and we'd build it up again. As a matter of fact, I know you would.

xo Steve



Steve has hosted Celebrity Family Feud, a spin-off of the original version (which he also hosts), since 2015. Left: Steve and Marjorie in the Dominican Republic in 2018.



to new heights



Science-led nutrition for every age, size and a variety of needs. To put that spring in their step.

SCIENCE DID THAT.

©2022 Hill's Pet Nutrition, Inc.

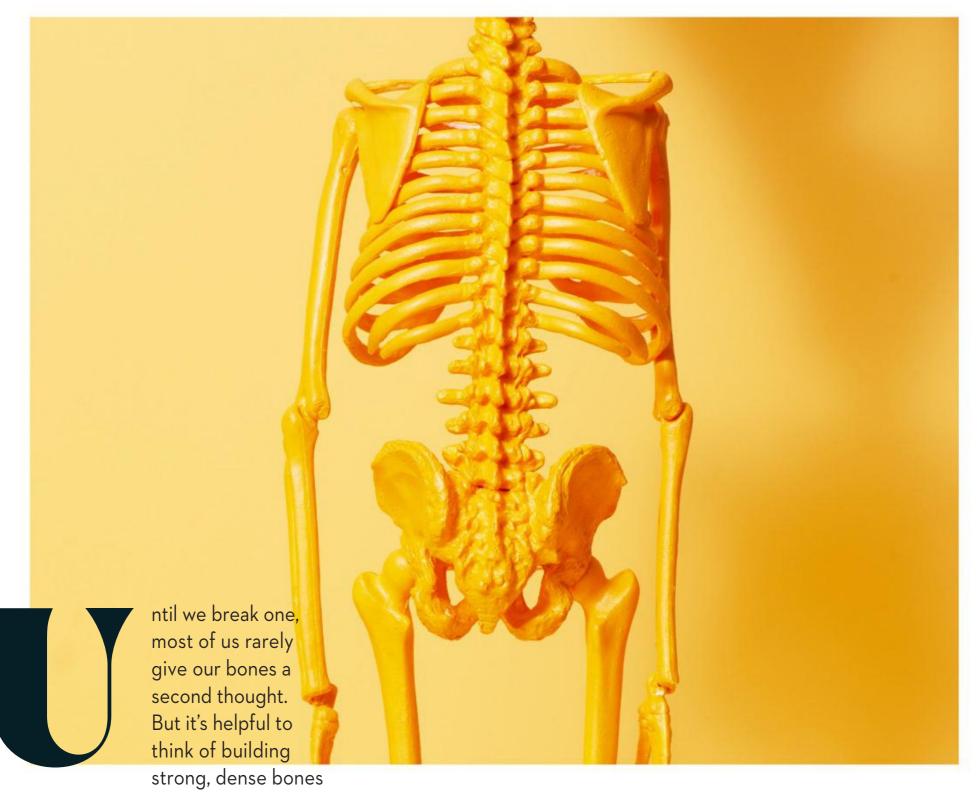
BOUST BOURS BONES HEALTH

photographs by MIKE GARTEN
prop styling by ALEX MATA

by MERYL DAVIDS LANDAU

Maintaining internal scaffolding that's healthy, durable and ready for a long, strong future makes all the difference in

determining what you'll be able to do as you age. Follow these steps to keep your skeleton in tip-top shape.



as being similar to building a retirement account, says Michael Swartzon, M.D., a family and sports medicine physician at Baptist Health in Miami. Even if you have many years left in the workforce, you start making deposits now so it will grow and be robust later. "Your 30s and 40s are crucial decades for building bone. If you maximize that peak, you'll have more years later without problems," adds Jackie Thielen, M.D., a women's health specialist at the Mayo Clinic in Jacksonville, FL.

The "deposits" concept isn't merely a metaphor. We tend to think of bones as solid bricks that stop growing after childhood, but it turns out they're like living sponges with a hard lattice structure and hollow sections inside. Our bones are continually changing: Sometimes the bones are building up (known as formation), and at other times they're breaking down (resorption). As we age, and especially after menopause when we lose the bone-building powerhouse estrogen, formation slows down, making the hollow sections bigger. As with those retirement funds, if we haven't banked enough before then, we won't be in the strongest position.

The most severe cases of bone loss result in osteoporosis, which is called a "silent disease" because there typically are no symptoms until bone density is so low that fracturing is a risk. Unfortunately about

a quarter of American women 65 and over have osteoporosis. Screening guidelines call for a first bone density scan in women at 65, but also for younger women with high odds of having problems. Those most at risk include people who are thin; entered menopause early; take meds that cause bone loss; have inflammatory bowel disease, thyroid issues, rheumatoid arthritis or certain other conditions; had gastric bypass surgery; or have a parent who broke a hip (which may signal a genetic predisposition).

But with awareness, you can get on the bone-building bandwagon. "There are so many things midlife women can do now to reduce their risk of osteoporosis later," says Kathryn A. Boling, M.D., a primary care doctor at Mercy Personal Physicians in Lutherville, MD, such as focusing on nutrition, doing certain exercises and leaning in to other lifestyle factors. Read on to bone up on the actions you can take today.



Make these lifestyle changes now to fortify your skeleton for years to come.

QUIT SMOKING. Tobacco users have lower bone mineral density (BMD), the key measure of firmness, in part because nicotine slows production of bone-forming cells. Stopping at any age is beneficial for your frame, says the National Institutes of Health (not to mention the myriad other benefits).

CUT BACK ON SALT AND SUGAR.

Excessive salt depletes your body's calcium store, while high amounts of sugar interfere with bone formation.

LIMIT ALCOHOL. Too much alcohol can throw off your body's calcium balance. Experts recommend a limit of one glass a day, but never more than two.

sip selectively. Some research has linked coffee, cola and certain fizzy beverages to weaker bones, but moderation seems to be key. If you're craving bubbles, reach for mineral waters that contain significant amounts of calcium (such as S. Pellegrino or Gerolsteiner sparkling waters).

PERK UP YOUR POSTURE.

Constantly leaning over your phone or computer puts pressure on the front of your spine. Since bones are always breaking down and building up, those pressure points could remodel awkwardly and become trouble spots, Dr. Thielen says. Bonus: Correcting your posture will strengthen your core (a weak core is linked to osteoporosis).

CONSIDER SWITCHING MEDS.

Some drugs have the side effect of demineralizing bones, among them steroids, certain seizure meds, GI proton pump inhibitors, aromatase inhibitors, blood thinners and many diuretics. The health benefits of these drugs may outweigh the risks, but it pays to ask your doctor if alternatives exist, says Dr. Swartzon.

FACT OR FICTION: THE TRUTH ABOUT BROKEN BONES

Time to bone up on your knowledge. Read on to see which of these statements are really true.

STRONG BONES CAN'T BREAK.

Fiction. A big enough trauma can fracture sturdy bones. Injuries can range from a tiny hairline crack to an "open fracture" in which bone pushes out of the skin (a bona fide medical emergency).

IF YOU CAN WALK ON IT, IT'S NOT BROKEN.

Fiction. Sometimes you still can! Symptoms of a possible break include swelling, tenderness, bruising and/or limbs looking out of place, but only an X-ray can tell for sure, so see your doc ASAP.

TREATMENT FOR A BROKEN BONE COULD INCLUDE SURGERY.

Fact. Depending on the bone and the severity of the injury, treatment may require immobilizing it with a brace or a cast or realigning and stabilizing it with surgery.

IT'S OK TO TAKE IBUPROFEN WHILE HEALING.

Fact and fiction! Ibuprofen can be taken, but only for a short period, because research has shown that NSAIDs can slow bone healing in adults. Acetaminophen is OK, but always double-check with your physician.



EAT OR DRINK YOUR CALCIUM

A whopping 99% of our calcium resides in our bones and teeth. The mineral is necessary for keeping the heart beating and blood clotting, so when we don't eat enough of it, our bodies go shopping inside our bones and draw calcium into our blood, weakening bones, says Amy Fischer, M.S., R.D.N., C.D.N. "And since your body cannot make it, you must get it through diet or supplements," she adds. Women under 50 need 1,000 mg of calcium daily, while those over 50 need 1,200 mg. (Don't forget vitamin D, which aids in calcium absorption. Aim for 400 to 800 IUs daily if you're a woman under 50 and 800 to 1,000 IUs if you're 50 or above.) To stock up on calcium, besides dairy, reach for veggies like broccoli rabe, kale or collard greens; canned sardines or salmon; firm tofu; and fortified almond milk. Or, try this smoothie from Lauren Harris-Pincus, M.S., R.D.N.: Blend 4 oz firm tofu, 3/4 cup unsweetened almond milk, ¼ cup powdered peanut butter, 1 cup frozen blueberries, 1 Tbsp flaxseed meal, 1 packet of stevia and several ice cubes.







The Best Exercises for Your Skeleton

To strengthen bones, you need weight-bearing movements, which push bonebuilding cells into action. "Bones need pressure on them to build the right way," explains Dr. Swartzon. Aerobics, running, tennis, dancing, treadmills, elliptical machines and strength training do the trick; things like swimming or biking, while terrific for your heart and muscles, aren't weight-bearing. Other weight-bearing activities include gardening and yard work (all that digging), walking or hiking and yoga. To add bone-strengthening to your busy day, try one of these quick exercises.

IF YOU'RE NOT INTO TRADITIONAL CARDIO...

Try what's called 5-10-15 training, in which you alternate high-speed, moderate-paced and slower running for that number of seconds, respectively, then repeat the cycle several times. Doing this three times a week increases levels of a protein involved in bone construction and boosts bone mineral density in less than two months, Danish researchers discovered. They think the sprinting part of the exercise may put the right amount of strain on bones to strengthen them.

OR JUST TAKE A FLYING LEAP...

Stand up. Jump off the ground. Land. Wait 30 seconds (to prevent bone from becoming desensitized). Repeat 20 times. When 60 premenopausal women did this twice a day for four months, their hip bone mineral density improved significantly, according to researchers at Brigham Young University. Can't manage 20? Even doing 10 leaps twice daily has benefits.



Great tasting. Heart Healthy. Now that's some good housekeeping.

*Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Honey Nut Cheerios cereal provides .75 grams per serving.



A sparkling vision of the holidays from Chomas Kinkade

Never was a snowman more filled with holiday spirit! The "Thomas Kinkade" White Christmas" Masterpiece Edition Crystal Snowman features shimmering, hand-crafted crystal, illuminated village sculpture and a nostalgic, moving holiday train ... for the first time ever! This snowman stands an impressive 10 inches high to let his cheerful personality come shining through. A hand-painted, 3-D Thomas Kinkade village, tucked within the crystal outer shell, makes this snowman a holiday treasure inside and out. There's a lighted church, cozy homes and shops, plus a locomotive train that circles around below on the base! Just flip the switch to set the holiday train in motion. The silvery scarf, mittens, lantern and name plaque, glittering snow and more make this grandly sized sculpture truly magnificent.

Outstanding value; order now! Limit 1 per customer.

Order the "Thomas Kinkade White Christmas" snowman today at only \$129.99*, payable in 3 installments of \$43.33 each, the first due before shipment. You need send no money now. Just return your Reservation Application. Our unconditional 365-day guarantee assures your 100% satisfaction. You risk nothing! Don't wait, return your Reservation Application today!

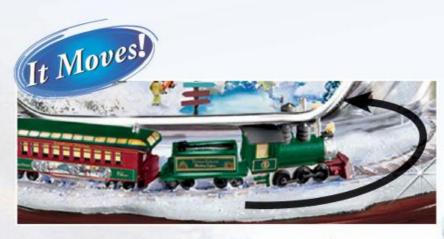


Each intricately sculpted building illuminates from within



Four 3-D village buildings, a pond, bridge and 10 villagers are nestled within the transparent crystal snowman

- *Precious crystal, hand-crafted and intricately faceted, creates an array of prismatic reflections
- *Grandly sized sculpture "houses" the illuminated Thomas Kinkade holiday village within
- *****Hand-painted in festive colors and dusted with glittering snow
- *****Silvery scarf, mittens and lantern add richness and sparkle
- *****Limited-edition presentation is handnumbered and includes a hand-numbered Certificate of Authenticity



Just flip the switch to see the Thomas Kinkade miniature train circle the base

ORDER TODAY AT BRADFORDEXCHANGE.COM/SNOWMAN













It's hard to believe that something as enjoyable as feeling a warm breeze while you take in the gorgeous shoreline is actually good for you - but it is! "Stepping through sand, especially if done barefoot, is an opportunity to activate more muscles throughout the body, stimulate and strengthen the nerves and muscles in your feet and improve your gait," says Jessica Smith, a certified fitness instructor and creator of the Walk On: 4-Mile Power Walk program. To reap all the health benefits, follow the strategies below from fitness experts who specialize in walking workouts.

EASE IN.

The muscles in your feet or ankles may not be conditioned to walking on uneven sand, says Smith. With shoes on, spend a few minutes on the boardwalk or the sidewalk before you hit the sand, then increase speed gradually.

WEAR THE RIGHT FOOTWEAR.

If you're a beginner, wear sneakers on firmly packed sand. As you gain experience, feel free to ditch the shoes and eventually move to soft sand, which will activate some little-used smaller muscles in the feet. You could even walk shin-deep in the water to add

resistance. The beach is also a great place to practice taking side steps, especially in the water. "All of a sudden you're working your abductors and adductors—the hip muscles," says Michele Stanten, an ACE certified fitness instructor, a walking coach and the author of Walk Your Way to Better Health.

BE STRATEGIC.

When it's breezy, start your workout by walking against the wind so your energy will be highest for the hardest part. Then, on your return trip, the wind will be at your back, giving you a little push to the finish line.

BALANCE YOUR BODY.

"Keep in mind that the beach is sloped, so you're going to have one leg slightly higher than the other" when you walk in one direction, Stanten points out. This places more strain on the legs, hips and spine, and you run the risk of injuring them. To balance your body, make sure you also walk in the sand on the way back so your other leg gets a chance to be in the higher position. Or, walk where the sand is more level.

PRACTICE MINDFULNESS.

"Listen to the sound of the waves, and really pay attention to the breeze and sunshine on your face and how the sand and water feel beneath your feet," suggests Smith. Staying in the present moment can lead to an array of benefits, from lower stress and less anxiety to better sleep and increased altruism, research shows.

DO A POST-WORKOUT STRETCH.

"Stretching afterward is always good in terms of increasing flexibility and giving those muscles you just worked a nice break," says Stanten. After a walk in the sand, it's smart to show your calves, hamstrings, quads and hips some love, she says.

Sand Workout Pro Tips

- Check the tide schedule.

 If you walk two miles one way while the tide is coming in, you might be left with just a sliver of sand on the way back.
- Protect your feet. Walking barefoot is fine if it's a clean, obstacle-free beach and your feet are healthy. But if you have a condition like diabetic neuropathy (or if you prefer a layer between you and nature), wear sneakers or water shoes. "Footwear that is supportive and also fits properly is crucial," says Smith. "You'll want to have enough room in your shoes for your toes to spread out. A toe box that is too narrow can cause or worsen bunions."
- ❷ Be prepared. This means bringing water to drink and, of course, sunscreen. "It can be cloudy and breezy, but that sun can still get you," says Stanten. To lessen your UV exposure, take sunrise or sunset walks.



Family Room





One evening, after the kids were in bed, my wiped-out husband fell onto the couch to watch TV.

I, on the other hand,

sat in front of my computer researching local beaches. It was a Friday night, so the question on my mind was, What will we do tomorrow?

I explored options, the cost of parking and the best time of day to go, and then I posted on the local parent Facebook group to get more tips. By the time I decided on a late-afternoon trip to the beach with a picnic dinner, my husband had moved from the news to an old episode of *The Simpsons*.

I could have asked my husband for help, but I admit that I'm a bit of a control freak. I fear that if I'm not the one to do something, it won't be done right. On the day of our beach trip, while my husband watched the kids, I gathered everything we needed (tent, towels, bathing suits, sunscreen, snacks, dinner, water, changes of clothes and emergency lollipops to prevent meltdowns in the car, among other things). I was stressed and cranky by the time we got into the car. The list of things to remember felt overwhelming, and I couldn't shake the anxiety that I'd forgotten something.

When we finally got to the shore, I had moments when I was able to enjoy myself: when my 2-year-old ran toward low tide squealing with excitement, and when my 6-year-old held a fist-size snail I found in a tide pool. But mostly I resented serving as the point person for everything. I wanted to be along for the ride, just like the rest of my family.

I know I'm not the only parent who feels like the family cruise director. So, are the more control-minded among us doomed to a life of irritated outings, or can we figure out how to enjoy ourselves too?

MANAGE EXPECTATIONS

"It's very common to experience this feeling of resentment," Cindy Kaplan, M.A., a conscious-parenting coach who works with parents and families, says of my beach-day frustration. But she emphasizes that resentment will only poison our own experience. Kaplan points out that the work to be done is mostly about ourselves,

the planners. "If you want to have this experience, then you go, you give it 100% and you enjoy it because it's what you want to do with your kids," she says.

She notes that it's important to think through our expectations of our partners: Even if they're not planners, maybe they bring something else to the table. For example, on our trips, my husband takes on the bulk of the playing and chasing the kids around, and for that I'm grateful.

Kaplan also reminds me to make sure I'm preparing for my own needs—something I often forget, since I'm usually busy taking care of everyone else. So the next time we went away, on a trip to Vermont, I asked my husband to take the kids out for ice cream and a spin around the playground while I stayed at the rental

I've learned to let go of most of the "what-ifs" and just enjoy the ride.



house alone. I wrote, wandered around the property and enjoyed the sun on my face and the sound of the wind through the Vermont hills. It was a necessary moment of pause, and one that ultimately helped make the trip enjoyable for everyone.

CHOOSE FLEXIBILITY

One of the reasons I am the default planner, I admit, is that delegating responsibility gives me anxiety. What if something goes wrong?

Kaplan says this is one of the biggest issues to tackle. Planners must learn, she says, to embrace "the messy." We should ask ourselves a big question: Why do we need everything to go perfectly? We're putting enormous amounts of pressure

on ourselves, "from our kids' experiences to our own experiences to the Instagram photos and everything in between," Kaplan says.

As a planner, I'm overcome with the what-ifs. I'm thinking about not only the basics like underwear and socks, but also the extras that will save us from any possible mishaps—like my car lollipops in case we get stuck in traffic and the toddler starts getting antsy. Yet if the lollipops had been left at home and we'd gotten stuck in a stop-and-go nightmare, though I probably would have had to endure some whining, it wouldn't have ruined our day.

For some planners, imagining and preparing for any and all circumstances might come in handy every once in a while. But if pressure to anticipate every

possible situation begins to stress you out to the point where you're no longer having fun, that's a sign that it's time to pull back. "You have to be willing to let go and ride the wave," says Kaplan.

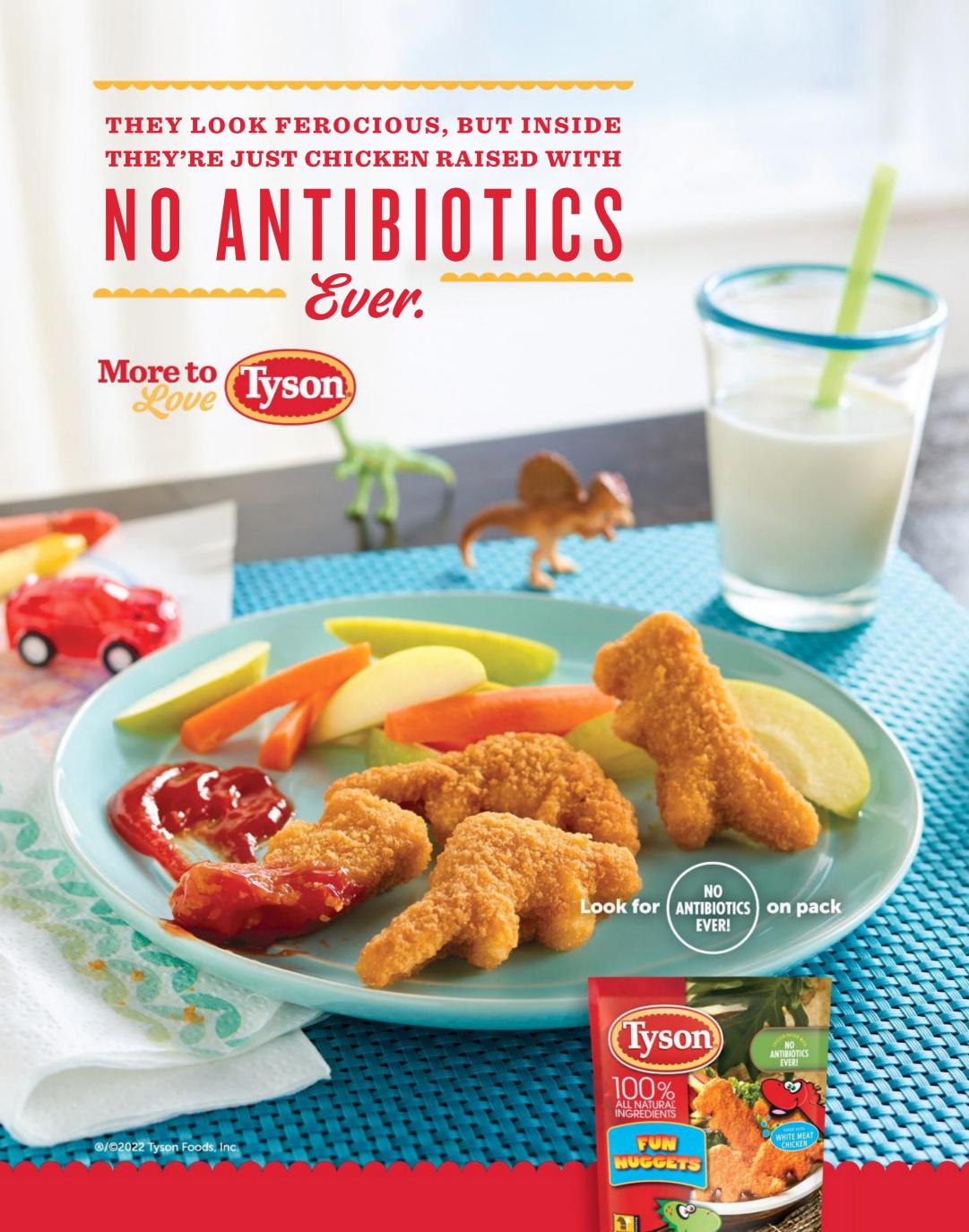
So, say you're on your family trip—I refuse to say "vacation," because let's get real—and something goes awry. How do you roll with it? Kaplan says it's as easy as slowing down. Take a few deep breaths to be present before trying to solve the problem. Taking a moment might give you some perspective. Is it really all that bad? "We're tough on ourselves," Kaplan says. "Give yourself permission to pause, and be gentle on yourself."

Along with everything else, I brought Kaplan's words with me on our Vermont trip. I was still the planner, and I owned the fact that

this wasn't going to change. This was who I was—a control freak with the best of intentions. Instead of trying to delegate the planning and the packing, I reminded myself that my husband would be useful in ways that I couldn't be, which helped me let go of the familiar resentment.

On our fourth day there, it rained, and I realized that I'd forgotten to pack rain gear. As a New Englander, I could have kicked myself for overlooking something so obvious. Instead, I took a breath and let it go. What happened? The kids wore their water shoes, one briefly whined about being cold and later we used the dryer at the rental to dry our clothes. Sure, we all got a little wet, but that's what happens when you ride the wave. *

etty Images





That first night away

Everyone's excited for your pup's first sleepover at grandma's. You packed her teddy and her treats. But it's her first night away, and you're worried about all the "what ifs."

With Nationwide®, you can rest easy knowing your dog is protected with America's #1 pet insurance.

Products underwritten by Veterinary Pet Insurance Company (CA), Columbus, OH; National Casualty Company (all other states), Columbus, OH. Agency of Record: DVM Insurance Agency. All are subsidiaries of Nationwide Mutual Insurance Company. Nationwide, the Nationwide N and Eagle, and Nationwide is on your side are service marks of Nationwide Mutual Insurance Company. ©2022 Nationwide. 22CON8658

Scan below for tips on helping pets adapt to change or get a free quote at petinsurance.com/ firstnightaway







Keep Pets Cool

Our furry friends often prioritize summer fun over safety, so it's up to us to help keep them from overheating. Here's how, as well as common signs that they're too hot.

by LIZZ SCHUMER

COOLER TIMES. When it gets hot outside, strategize your walks or play sessions for early in the morning or later in the evening, when the sun isn't at full strength. "Some dogs don't know when to stop exercising," explains LaCheryl Ball, D.V.M., a veterinarian on the ASPCA Community Medicine Team. That's why they rely on us to be their

PLAN WALKS FOR

barometer. Make sure they have plenty of shade, especially if they'll be spending a long time outside, and be mindful not to overexercise them. If your pet starts to pant excessively or seems to be slowing down, stop, bring them to a shady spot and give them some water.

Pets with flat faces such as pugs, bulldogs and Persian cats, as well as elderly and overweight pets and those with heart and lung conditions, can't pant as effectively to cool

themselves down, so they're even more susceptible to heatstroke. When the mercury rises, consider keeping these more delicate animals inside entirely. Even indoor pets should have access to air-conditioning or fans, especially on really hot days. Leaving the windows open can help, but make sure they have wellfitting screens so your furry friends can't fall out if they try to catch a breeze.

HELP PREVENT BURNED PAWS.

When you do venture out, be mindful of the temperature of the sidewalk or asphalt. "Hot pavement can burn paw pads," says Gary Richter, D.V.M., author of The Ultimate Pet Health Guide. "If you can't hold your palm on the pavement for five seconds, your dog shouldn't be walking on it." Pets with paw-pad burns will limp and may refuse to walk; the top layer of skin on their pads might appear red, blistered and peeling. Always look for cracks and redness between your pet's toes and on their pads, advises Ball, because those are signs that they might be getting too much exposure. Pet booties can help protect sensitive paws.

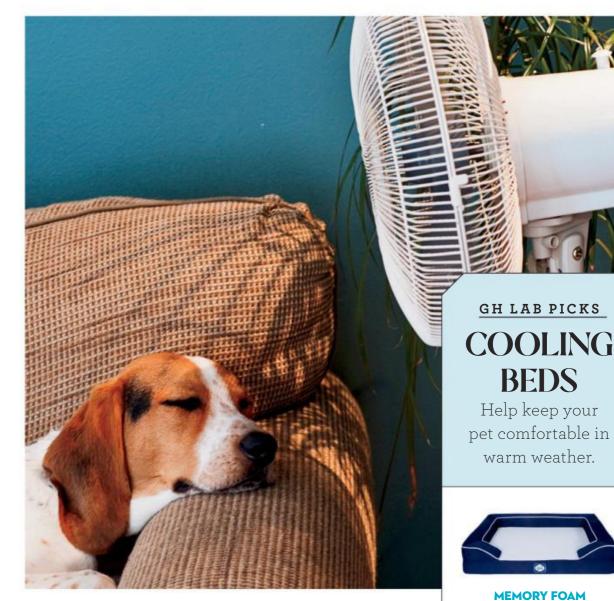
WATCH FOR SIGNS OF OVERHEATING.

Dogs and cats can get dehydrated easily, so always provide plenty of clean, fresh water for them to drink both inside and outside. Use a non-metal bowl outdoors, and keep it out of the sun if possible so it stays cooler. Pet fountains can help encourage picky kitties to drink.

Indications that your dog might be getting overheated include excessive panting or difficulty breathing, bright red or bruised gums, small pinpoint-type bruises on the belly or inside the ears, increased heart and respiratory rates, drooling and weakness, explains



LOVE them like family. **TREAT** them like family.™



Ball. They might also seem confused or collapse. If heatstroke progresses, your pet may have seizures, vomiting or bloody diarrhea. Heatstroke can be fatal relatively quickly, so contact your vet ASAP if you notice any of these signs.

COOL THEM DOWN QUICKLY.

If you're on a walk or at the park when you notice your pet getting too warm, stop and take them somewhere shady to rest and drink some water, Richter advises. Use a cloth or a towel to apply cool water to their feet, head, paws, armpits, belly, back and rump and the tops of their ears. (Don't use ice water, as that can impact circulation and actually prevent them from cooling down, Ball notes.) Never let your pet drink from ponds, puddles or other standing water in place of bringing water along for them, since those can be sources of life-threatening illness or infection. If you are at home or can get your pet inside, put a fan on them to facilitate evaporative cooling, which happens naturally in species that sweat more profusely, Ball says. If you have a pet with especially thick or fluffy fur, ask your vet if they'd be more comfortable with a shorter summer haircut or shave, and resist the urge to layer them up in cute outfits or T-shirts when it's warm - if you wouldn't wear multiple layers on a particular day, Fido probably won't be comfortable in clothes either.

NEVER LEAVE THEM IN A HOT CAR.

It is not only extremely dangerous to leave a pet in a hot car, but also illegal in certain states, Ball says. Even with the windows cracked, the heat can rise to 20 degrees hotter than the outside temperature in just minutes, which can lead to fatal heatstroke. If you can't bring your pet inside, leave them at home instead. *

MEMORY FOAM

BEDS

Help keep your

warm weather.

Four layers of foam help make this bed ideal by providing comfort, temperature regulation and support. Sealy Lux Premium Foam Dog Bed, from \$100, sealydogbeds.com

ELEVATED MESH

Breathable mesh fabric helps keep your pet cool while the sturdy surface and back panel help unsteady dogs feel secure. Gen7Pets Cool-Air Cot Elevated Bed, from \$83, petmate.com



WATER-FILLED

Put this mat on a smooth surface anywhere in your house. Fill with the recommended amount of water to activate the Cool Core. K&H Cool Bed III, from \$61, khpet.com

Our Promise to Blue Is Our Promise to You



Tired of Feminine Dryness? So Are We.

The #1 feminine moisture supplement worldwide.



Just Purchase It Already!

Trust me you'll want this product! I've suffered from vaginal dryness for years after having my only child in my 20's. I started using this after googling treatment for vaginal dryness and I must say I came across a gem. Wish I would have known about this sooner. My problem would have been resolved a very long time ago. Don't be like me and wait a decade to find the solution to your problem when it's right here! - D.



4.5 out of 5 - 4549 Ratings & Reviews













Enter code GHSAVE10 for 10% off your first order at MembrasinLife.com





MEMBRASIN LIFE SCIENCES

www.membrasinlife.com

GH Report



How to Snack Smarter

Registered dietitians and culinary pros in the GH Nutrition Lab pored over the nutrition facts, ingredient lists and flavor profiles of hundreds of snacks. Then we enlisted nearly 2,000 taste testers to help choose the winners (tough job!), evaluating over 5,300 samples and analyzing 49,495 data points. Read on for some of our top-tested winning picks, which excel in nutrition and taste.

by STEFANI SASSOS, M.S., R.D.N., C.D.N.



Powerhouse Produce





Best Apple

Pink Lady apples are sweet and tart, bursting with flavor and nutrition. This go-to solution for simple snacking is always the first to blossom and the last to be harvested, so each one soaks up about 200 days of sunshine for that rosy color and delicious flavor. LAB RESULTS Testers found the flavor superior to that of other apples, saying it was "crisp, refreshing and incredibly tasty." Our experts said it holds up well in baking but is perfect on its own too.

PINK LADY APPLES, \$1 TO \$3 PER LB, GROCERY STORES



Most Innovative Fruit Snack

Overripe and wasted fruit scraps are rescued and upcycled for this unique snack; they're gently dried into snackable slices that retain the fruits' nutrient-rich peels. LAB RESULTS The Straw-

Peary blend boasts an incredibly refreshing flavor and 5 g of fiber per serving sans any added sugar. "Hands down the best of all we tried." a tester raved.

RIND STRAW-PEARY BLEND, \$5 TO \$6 PER BAG. WHOLE FOODS MARKET



Best Citrus

Juicy and seedless, these enormous mandarins are known for their perfectly balanced sweetness and for being easy to peel. LAB RESULTS Our food and nutrition pros loved that the fruit is an extremely rich source of vitamin C and packs 3 g of fiber. "They're perfectly sweet, with little of the pith that typically makes citrus fruits bitter," says GH Kitchen Appliances Lab Director Nicole Papantoniou.

SUMO CITRUS. \$4.50 PER LB. **GROCERY STORES**



Best Kiwifruit

Deliciously sweet golden kiwi has a smooth, edible skin and juicy yellow flesh packed with nutrients. Bite directly into the kiwifruit or cut and scoop.

LAB RESULTS Our experts loved that this kiwifruit packs more than 20 vitamins and minerals, including vitamins C and E, fiber, potassium, folate and antioxidants. The Non-GMO Project Verified choice was a hit with testers of all ages.

ZESPRI SUNGOLD KIWIFRUIT, \$5 FOR 1-LB PACKAGE. **GROCERY STORES**



Best Dried Mango

These individual bags of dried organic mango pieces are refreshing and free from added sugar, and they have only 90 calories per package. LAB RESULTS Our experts highlighted Solely's patented cold-pressing process to slowly dry the fruit, locking in nutrients, flavor and texture without any preservatives or chemicals. Testers of all ages couldn't get enough of the "vibrant" snack.

SOLELY ORGANIC DRIED MANGO PIECES. \$2, CVS PHARMACY

Protein-Packed Favorites



Best Pistachios

Boasting 6 g of protein, these no-shell pistachios come in smoky BBQ and bold Chili Roasted flavors. **LAB RESULTS** Our testers found both flavors to be "absolutely fantastic," noting the "consistency in size and freshness" too.

WONDERFUL PISTACHIOS NO SHELLS BBQ AND NO SHELLS CHILI ROASTED. FROM \$4, GROCERY STORES



Best Jerky

This grass-fed and -finished beef jerky has 9 g of protein per serving. The lower-sodium jerky option is sugar-free and doesn't compromise on taste.

LAB RESULTS GH dietitians highlighted the brand's sustainably sourced ingredients. Testers found it "satisfying and convenient."

CHOMPS ORIGINAL BEEF, \$2, WALMART GROCERY STORES



Best Trail Mix

Nuts meet coconut flakes and sweet dark chocolate for a low-carb mix.

LAB RESULTS The low-sugar trail mix. which is free from artificial preservatives, flavors and colors, impressed our experts. "I loved the crunchy texture and sweet and salty flavors," one tester said.

GOLD EMBLEM ABOUND KETO CHOCOLATE COCONUT TRAIL MIX,

\$4.50, CVS PHARMACY



Best Cheese Crisps

Artisan Parmesan cheese crisps are combined with a non-GMO blend of almonds, cashews, pistachios, pecans and garlic-herb seasoning in this 100% crunchy mix.

LAB RESULTS Our pros loved that the low-carb snack is a good source of protein. Testers liked the robust flavor.

WHISPS GARLIC & HERB CHEESE CRISPS & NUTS, \$8, AMAZON



Crunchy Chips + Puffs



Best Sweet & Salty Chips

Made from sweet potatoes and brown rice with a hint of maple syrup, these air-popped chips are light and crispy.

LAB RESULTS Our experts loved that these chips are free from trans fats and artificial ingredients—and only 120 calories per serving. One tester said, "I am telling everybody I know about these chips. They were absolutely delicious and satisfying!"

POP BITTIES MAPLE &
SEA SALT SWEET POTATO
CHIPS, \$3.50, POPBITTIES.COM



Best Veggie Chips

Potato chips get an upgrade with this Non-GMO Project Verified version that incorporates cauliflower, beets, carrots, spinach and more. **LAB RESULTS** Testers

devoured these, saying they "couldn't get enough" and that the texture delivered the "perfect bite." "Salty and crunchy, just like a potato chip!" one tester raved.

REAL FOOD FROM THE GROUND UP CAULIFLOWER SEA SALT POTATO CHIPS, \$4. AMAZON



Best Vegan Puffs

Made with upcycled watermelon and pumpkin seeds, these crispy poppers are seasoned with a delicious dairy-free sour cream and onion blend.

LAB RESULTS Testers and experts loved the generous portion size of 45 poppers for 130 calories and the use of high-quality organic ingredients and heart-healthy avocado oil.

LESSEREVIL VEGAN SOUR CREAM + ONION SUN POPPERS, \$4, WHOLE FOODS MARKET



Best Tortilla Chips

Zesty lime kicks up the flavor profile on these gluten-free and vegan sea-salted tortilla chips made from chickpeas.

LAB RESULTS The USDA Certified Organic choice scored top points with our nutrition pros for its filling combo of 3 g of plant protein and 3 g of fiber per serving. "The chips were tangy, with just the right amount of salt—delicious!" a tester raved. "I would never guess it was made of chickpeas," said another.

HIPPEAS SEA SALT & LIME TORTILLA CHIPS, \$5, AMAZON

Classic Crackers & Crisps



Best Sustainable Cracker

These crispy crackers are made with breadfruit, a naturally gluten-free crop that helps enrich soil, along with turmeric and organic sesame and chia. **LAB RESULTS** Testers said they were "super satisfying" and "uniquely delicious."

PATAGONIA PROVISIONS SEEDED TURMERIC BREAD-FRUIT CRACKERS, \$7, PATA GONIAPROVISIONS.COM



Best Crisps

These Non-GMO Project Verified crisps are made with nutrient-dense yellow pea and chickpea flour plus vegan white Cheddar and savory rosemary garlic flavors.

LAB RESULTS Testers said these sturdy crisps were perfect for dipping.

BACK TO NATURE DIPPER CRISPS, \$4, AMAZON



Best Pasta Snack

Made in the shape of penne pasta but crafted from lentils and white beans, this chip alternative is crispy and light.

LAB RESULTS Experts and testers both loved that a generous 33-piece serving is only 140 calories. "Delicious, bite-size, super flavorful," a tester raved.

PENNE STRAWS, MARINARA, \$4 SHOPRITE



Best Seed Crackers

These light and crispy artisan crackers come from a womenowned brand and are packed with nutrients from a blend of six seeds: pumpkin, sesame, sunflower, flax, chia and hemp. **LAB RESULTS** Our nutrition pros were impressed with the best-in-class organic ingredient list and nutritious seed blend that offers 3 g of fiber and 4 g of plant-based protein per serving as well as a dose of omega-3 fatty acids.

TOP SEEDZ 6-SEED CRACKER, \$8, TOPSEEDZ.COM

Not Available in Any Store!

An Illuminating Collectibles First Offering Timeless Holiday Joy

RUDOLPH'S CHRISTMAS TOWN



FREE FIGURINES & ACCESSORIES—A \$60 VALUE!

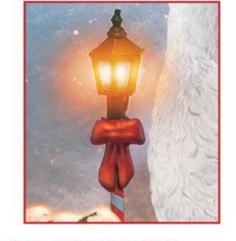


Just one of four exclusive Rudolph's Christmas Town figurines that's included FREE!



Masterful hand-crafting and hand-painting makes every detail intriguing





Four collectible figurines of Rudolph® & Clarice™, Santa & Mrs. Claus, Hermey™ and Sam the Snowman™, and a 6-piece light set—a \$60 value—are included FREE!



Do you recall ... the most wonderful Christmas special of all? For millions of families, it's the beloved television classic Rudolph the Red-Nosed Reindeer®. For over 50 years, this timeless, heartwarming story of adorable misfits has captured our hearts and imaginations while inspiring us to follow our dreams.

Relive the cherished memories of a holiday classic with *Rudolph's Christmas Town*.

All your beloved friends from the classic television special Rudolph the Red-Nosed Reindeer are here in Rudolph's Christmas Town collection ... a Hawthorne Collectible first! Your holidays will shine even brighter with the delightful Rudolph® and Clarice®, Santa and Mrs. Claus, the lovable Hermey®, Bumble® and more. Each sculpture is meticulously hand-cast and lovingly hand-painted to enhance every rich detail. Lavished with special features like the brilliantly illuminated Watch Tower light and festive green and red lit Flight Camp roof, your village is an heirloom-quality work of art to treasure now and all your Christmases to come.

Begin your collection with "Santa & Mrs. Claus' Castle" and FREE Rudolph & Clarice figurine.

This delightful holiday sculpture and FREE figurine can be yours for three easy payments of \$23.33 each*, the first payment billed before shipment. Subsequent issues—each billed separately at the same low price—and the FREE accessories will be shipped about every other month. Your second issue will be the illuminated "Coach Comet's Flight Camp" with FREE "Santa & Mrs. Claus" figurine. You many cancel at any time and our best-in-the-business 365-day guarantee assures your satisfaction.

Not available in any store. Act now!

Strong demand is expected, so please don't wait to order. Send no money now. Simply log on or complete and mail the post-paid Reservation Application or visit us online today!

Rudolph the Red-Nosed Reindeer © & ® or TM The Rudolph Co., L.P.
All elements under license to Character Arts, LLC. All rights reserved.

©Hawthorne Village 14-17904-001-GXI

917904-E86105



ORDER TODAY AT BRADFORDEXCHANGE.COM/RudyVill

RESERVATION APPLICATION SEND NO MONEY NOW

The Bradford Exchange

9345 Milwaukee Ave · Niles, IL 60714-1393

YES. Please reserve the Rudolph's Christmas Town collection for me as described in this announcement.

Limit: One per order. Please Respond Promptly

*Plus \$11.99 shipping and service (see bradfordexchange.com). Please allow 4-8 weeks after initial payment for shipment. Sales subject to product availability and order acceptance.

Mrs. Mr. Ms.	Name (Please Print Clearly)	
Address	*4	
City	* * * * * * * * * * * * * * * * * * *	
State	Zip	



Crave-Worthy Cookies



Best Mini Cookies

This grain-free version of Mexican shortbread cookies marries lightly sweetened almond flour with pecan pieces and cinnamon. LAB RESULTS Our food and nutrition experts loved that the cookies are low in sugar but big on flavor and created with simple ingredients. Testers found them "absolutely delicious," noting that they were "perfectly bite-size."

SIETE FOODS MEXICAN SHORTBREAD COOKIES, \$5, WHOLE FOODS MARKET



Best Graham Cracker Sandwich

Smooth sunflower seed butter is sandwiched between crunchy graham crackers for a tasty choice that's certified organic and gluten-free.

LAB RESULTS Our dietitians appreciated the allergyfriendly use of sunflower seed butter and the wholesome ingredient list, making it a great choice for both kids and adults

ONCE AGAIN SUNFLOWER BUTTER GRAHAM CRACKER SANDWICHES, \$17 FOR FIGHT PACKS, AMAZON



Best Cookie Thins

This smartly sweetened snack is made from nutritious ingredients, including a seedand-nut-flour blend made of watermelon seed, cashew, sunflower seed and flaxseed. LAB RESULTS Our nutrition pros loved the use of watermelon seed, which creates a light and deliciously crispy texture while adding a nutrientdense punch of protein, good fats and micronutrients.

SIMPLE MILLS SWEET THINS, HONEY CINNAMON, \$5.50. WHOLE FOODS MARKET



Best Chocolate Chip Cookies

Made from oat flour and naturally sweetened with organic coconut sugar, each twocookie serving is a lower-carb treat with a satisfying snap.

LAB RESULTS The highquality ingredients stood out to our judges, and testers loved that the cookies seemed decadent but offered great nutrition. "I would buy these again. Hands down, they were good cookies!" a tester raved.

MAXINE'S HEAVENLY CHOCO-LATE CHIP CRISPY COOKIES. \$7, MAXINESHEAVENLY.COM

Satisfying Sweets



Best Chocolate Coconut Bars

This better-for-you take on a classic candy has just three ingredients: organic coconut, organic cassava syrup and Fair Trade-certified dark chocolate. LAB RESULTS Our judges liked that these have about half the sugar of leading brands. A tester praised the "absolutely delicious, delightful and flavorful coconut center!"

UNREAL DARK CHOCOLATE COCONUT BARS, \$39 FOR SIX BAGS, UNREALSNACKS.COM



Best Cacao Snack

Made from whole cacaofruit, these nutrient-rich hites pack in nuts, seeds and fruits for a snackable treat.

LAB RESULTS Our experts appreciated how the brand upcycles the underutilized fruit pulp, which contains potassium, magnesium and fiber. Testers found them "very fresh, tasty and satisfying."

CAPAO CACAOFRUIT BITES CHERRY ALMOND COCOA, \$28 FOR SIX PACKS CAPAOFRUIT.COM



Best Chocolate Nut Butter Cups

Heavenly rich dark chocolate is paired with a creamy nut butter filling in these perfectly portioned cups. LAB RESULTS Our dietitians liked the high cacao content of these chocolates, which contain more of the healthy antioxidants and flavanols than others.

CHOCXO 70% DARK CHOCOLATE COCONUT ALMOND BUTTER CUPS, \$22 FOR FOUR PACKS. AMAZON



Best Sour "Candy"

Juicy golden raisins and tart blue-raspberry flavor are paired for a delicious sweetyet-sour combo.

LAB RESULTS The non-GMO choice impressed our judges, since it delivered bold flavor without added sugars. A great pick for parents in search of healthier snacks for kids.

SUN-MAID SOUR BLUE RASPBERRY FRUITY SNACKS, \$3 FOR SEVEN, **GROCERY STORES**



Best Protein Bites

These poppers are sweetened with dates and offer perfect PB&J flavor.

LAB RESULTS One six-piece serving boasts 10 g of protein and 4 g of fiber. Whole Foods Market's Food Ingredient Quality Standards ban more than 230 ingredients from food products sold in its stores too.

365 BY WHOLE FOODS MAR-**KET** PEANUT BUTTER & JELLY CHEWY PROTEIN BITES, \$2 TO \$3, WHOLE FOODS MARKET

Delicious Dips + Spreads



Best Hummus

A cold-pressing process creates this incredibly freshtasting hummus, in a portable package for easy snacking. **LAB RESULTS** Our registered dietitians highlighted that each pouch boasts 8 g of plant-based protein and 5 g of chickpea-fueled fiber, making it a filling and energizing snack. The convenient packaging was deemed "good for little hands to hold."

ITHACA HUMMUS ITHACA SQUEEZE, \$3, WHOLE FOODS MARKET



Best Sweet Spread

This spread made from just 100% certified organic California Medjool dates and organic sesame tahini is a sweet and savory alternative to peanut butter and jelly. **LAB RESULTS** The spread provides vitamin B₆, omega-3 fatty acids and essential minerals like calcium, iron, magnesium and potassium.

Testers loved how naturally sweet this was, saying it was "decadent and satisfying."

SEPOLI DATEHINI, \$15. AMAZON



Best Coconut Spread

Made from only two organic ingredients, this coconut-based spread is spoonable and snackable. It's great for slathering on toast, mixing into yogurt, blending into a smoothie and more.

LAB RESULTS Our nutrition experts pointed out that the spread is vegan and free from refined or added sugar. Testers described it as "heavenly perfection."

KOKADA THE ORIGINAL COCONUT SPREAD, \$11, EATKOKADA.COM



Most Innovative Dip

This unique take on hummus combines organic garbanzo beans with organic yellow curry, organic coconut and organic jalapeños. **LAB RESULTS** The brand's use of high-pressure processing eliminates the need for unnatural fillers and preservatives. Testers appreciated the bold flavor, with one saying it was "different than other hummus, but in the best way!"

HOPE FOODS ORGANIC THAI COCONUT CURRY HUMMUS, \$5, AMAZON

Unique Yogurts



Best Greek Yogurt

Made with authentic yogurt cultures from Greece and a traditional straining method, this yogurt is ultra-creamy, low in sugar, high in protein and less tart than others. **LAB RESULTS** One tester

said, "This is the best Greek yogurt I've had in a while!" MELTÉMI LOWER

MELTÉMI LOWER SUGAR STRAWBERRY GREEK YOGURT, \$1.50, ALBERTSONS



Most Innovative Yogurt

Grass-fed Jersey cows naturally produce the milk containing only the easierto-digest A2 protein that is used in this organic yogurt. **LAB RESULTS** One tester described it as "wonderfully creamy with a fullbodied silken texture."

BELLWETHER FARMS
A2 ORGANIC YOGURT,
\$2 NATURAL GROCERS



Best Vegan Yogurt

This exceptional nondairy, plant-based blend from Siggi's has a blissfully short ingredient list and more protein than sugar per cup. **LAB RESULTS** Our pros loved that it has significantly more protein and less sugar than many leading yogurt alternatives.

SIGGI'S PLANT-BASED COCONUT BLEND VANILLA CINNAMON, \$2, AMAZON



Best Vegan Cream Cheese

Made from fresh cultured almond milk, this tangy plant-based cheese has an easy-to-spread texture.

LAB RESULTS Our registered dietitians appreciated that this vegan offering has a great nutritional profile. "Taste was terrific," said one tester. "It was identical to what I would have expected from a natural dairy product."

KITE HILL DAIRY-FREE SOFT SPREADABLE CHEESE, \$9, WHOLE FOODS MARKET



Best Cheese Spread

Laughing Cow's classic creamy cheese wedges get blended with tasty herbs and plant-based ingredients like chickpeas, lentils and red beans for a nutritious twist.

LAB RESULTS Testers described it as "smooth, flavorful and unique," with one saying that the Red Bean & Cheese with Paprika variety tasted like a "cheesy bean dip."

THE LAUGHING COW BLENDS, \$3.50, TARGET



Great Granola + Cereal



Best Cereal

Your childhood-favorite cinnamon cereal gets a major upgrade with an ingredient list featuring plant-based all-stars like chickpeas, tapioca and pea protein.

LAB RESULTS Our nutrition pros pointed out that this gluten-free and grain-free cereal has a fraction of the sugar of leading cereal brands while maintaining great flavor. Testers gave this cereal top scores for its sweet cinnamon taste and perfect crunch.

THREE WISHES CINNAMON CEREAL, \$8, AMAZON



Best Organic Granola

These ALDI-exclusive granolas are USDA Organic and serve as a good source of fiber. Available in Coconut Chia and Pumpkin Seed & Flax, they incorporate seeds for a dose of healthy fats.

LAB RESULTS Our analysis confirmed that the highquality granola packs 5 g of plant-based protein per serving. Testers described the blends as "flavorful, crunchy and satisfying!'

ALDI SIMPLY NATURE GRANOLA, \$3.50, ALDI



Best Overnight Oats

Think overnight oats without the prep! This ready-to-eat option is made with nourishing ingredients including a blend of real berries and fresh coconut milk.

LAB RESULTS Our pros said the flavor had the perfect balance of tart and sweet, sans artificial flavors or added sugar. Testers gave the oats top scores for flavor, calling them "surprisingly delicious" and "satisfyingly sweet."

MUSH MIXED BERRY. \$2.50. WHOLE FOODS MARKET



Best Gluten-Free Granola

The newest flavor from gluten-free granola brand Purely Elizabeth features organic oats, organic Fair Trade dark chocolate chunks and delicate hints of vanilla. LAB RESULTS Testers loved the "perfectly sweet" flavor and that they could snack on clusters of granola. "This is my favorite snack I've tested!"

PURELY ELIZABETH

raved one

VANILLA CHOCOLATE CHIP ANCIENT GRAIN GRANOLA, \$22 FOR THREE, AMAZON



Best Cashew Granola

Crunchy whole cashews add a twist to this organic granola made with regeneratively farmed oats and naturally sweetened with fruit.

LAB RESULTS Our dietitians were impressed that the great-tasting granola is free from added sugar and is one of the only granolas on the market that does not contain sugar alcohols.

ALTER ECO ORGANIC CASHEW BUTTER GRANOLA. \$7.50, WHOLE FOODS MARKET



Best Granola Bar

Crafted with 100% whole grains, these chewy and delicious granola bars are great for all ages. Each individually wrapped bar is perfectly portioned at 140 calories. LAB RESULTS Boasting 7 g

of protein per serving, the "family-friendly" bars garnered rave reviews, with testers saying they were "tasty, enjoyable and delicious!"

KODIAK CHOCOLATE CHIP CHEWY BARS, \$6, WALMART

Better-for-You Bars



Best Protein Bar

These delicious, decadenttasting bars boast 14 g of protein and 10 g of fiber, making them the ultimate satisfying snack.

LAB RESULTS Our experts appreciated that the organic bars hit the ideal macronutrient balance. "We thought this was the best protein bar we'd tasted in a long time!" one tester said.

ALOHA ORGANIC PLANT-BASED PROTEIN BAR, PEANUT BUTTER CUP, \$2.50, AMAZON



Best Seed Bar

This refreshing and chewy oat bar features the perfect pairing of tart lemon and sweet blueberries for just under 200 calories.

LAB RESULTS Our dietitians noted the trifecta of seeds in this bar, making it a nutritional powerhouse. Testers said these were "tasty, fresh and filling."

88 ACRES BLUEBERRY LEMON SEED + OAT BAR, \$21 FOR 12, 88ACRES.COM



Best Protein Thins

Each grab-and-go pack holds two delightfully thin and crisp bars made with organic rolled oats.

LAB RESULTS Testers and pros found the bars quite satisfying for only 100 calories per pack, raving about the crunch. One described them as "sweet but not too sweet - just right!"

CLIF THINS CHOCOLATE CHIP \$7 AMAZON



Fabulous Frozen Finds



Best Frozen Fruit Snack

These adorable individual cups combine varieties of tiny frozen fruit, some with Greek yogurt, for a balanced cold treat. **LAB RESULTS** Our nutrition pros loved that the portion-controlled snacks have 45 calories or fewer per cup, and they noted the premium quality of Wyman's berries. Testers described them as "refreshing, cute and fun."

WYMAN'S JUST FRUIT BITES, \$5, WALMART



Best Frozen Pops

This nostalgic treat comes in three bright and fruity flavors and is made from 100% juice. The USDA Organic pick doesn't have any high-fructose corn syrup or artificial colors or flavors.

LAB RESULTS Experts and testers were impressed with the flavor these pops achieved without added sugar, and that they were free from sugar alcohols as well.

GOODPOP ORGANIC JUNIOR POPS, \$5, WHOLE FOODS MARKET



Best Frozen Smoothie

Crafted by chefs and nutritionists, this refreshing frozen smoothie features high-quality ingredients, including soursop, passion fruit, banana, ripe pineapple and camu camu.

LAB RESULTS Our nutrition pros loved the use of soursop, which is rich in vitamin C, in this smoothie. "One of the best homemade smoothies I've ever had," a tester said.

DAILY HARVEST PASSION FRUIT + PINEAPPLE SMOOTHIE, \$8.50, DAILY-HARVEST.COM



Best Frozen Yogurt Bars

At only 100 calories or fewer per bar, these creamy frozen Greek yogurt treats in Mint Chocolate Chip and Birthday Cake pack in protein with lower sugar counts than other frozen desserts. **LAB RESULTS** Testers deemed them "delicious, smooth and balanced." One said, "The texture was nice and creamy—completely forgot it was frozen yogurt and not just an ice cream bar."

YASSO MINT CHOCOLATE CHIP AND BIRTHDAY CAKE BARS, \$6 FOR FOUR, WHOLE FOODS MARKET



Best Premade Smoothie

This ready-to-drink smoothie contains a healthy blend of tropical fruit, coconut water and plant protein.

LAB RESULTS The drink has a fraction of the sugar of leading smoothie brands, and testers praised the piña colada-style flavor.

KOIA TROPICAL PASSION, \$3, WHOLE FOODS MARKET

Brilliant Beverages



Best Banana Milk

Crafted from real organic bananas, organic Fair Trade cocoa and organic sunflower seeds, this chocolatey plantbased milk is simply delectable.

LAB RESULTS Our nutrition experts loved that a glass is a good source of calcium and potassium.

MOOALA CHOCOLATE BANANAMILK, \$6, AMAZON



Best Sparkling Water

The newest offering from Spindrift features a refreshing blend of real squeezed tart blood oranges and sweet tangerines.

LAB RESULTS Our judges raved about the unique citrus flavor and the perfect amount of fizz, with no artificial flavors.

SPINDRIFT BLOOD ORANGE TANGERINE SPARKLING WATER, \$6.50 FOR 8, TARGET



Best Dairy Beverage

Organic 2% milk is blended with herbs and spices in this functional beverage aimed at helping the body respond to physical and emotional stressors.

LAB RESULTS

Testers loved the fun natural color, smooth consistency and flavor profile.

CLOVER SONOMA BLUE MOON MILK, \$6, WHOLE FOODS MARKET



Best Muffins

Veggies are the first ingredient in these low-carb and low-sugar muffins.

LAB RESULTS Our dietitians appreciated that these veggie-first muffins are made with simple ingredients and fit into a low-sugar diet. Testers praised the yummy flavors and moist texture, with one saying, "I loved this! I cannot believe it has so many vegetables in it! The taste is great!"

VEGGIES MADE GREAT KETO FRIENDLY MUFFINS, \$6 FOR SIX, TARGET



Best Donut

This soft vanilla birthday cake donut is grain-free and packed with all-star ingredients like cassava flour, blanched almond flour, tapioca flour and coconut flour. **LAB RESULTS** Our registered dietitians loved that the Certified Gluten-Free choice has only 4 g of added sugar per donut, a fraction of the amount in traditional options.

SOOZY'S BIRTHDAY CAKE DONUTS, \$8 FOR FOUR, SPROUTS



Best Snacks for Kids + Infants



Best Kids' Applesauce

Each applesauce pouch delivers 160 mg of omega-3 DHA/EPA (the same amount as in a child-size serving of salmon) and 120 mg of choline (the same amount as in 2 cups of broccoli). **LAB RESULTS** Our dietitians loved the addition of nutrients that support brain development and that these squeezers have no added sugar or artificial flavors. Kids praised the flavor combo too.

BRAINIAC FOODS BRAIN SQUEEZERS APPLESAUCE, APPLE STRAWBERRY, \$10 FOR 10, AMAZON



Best Baby Pouches

Designed for infants ages 6 months and up, this organic blend of fresh fruit and vibrant veggies is nutrient-dense and naturally preserved with organic lemon juice.

LAB RESULTS Our experts appreciated that the pouches have a clear window so you can see exactly what's inside. Littles devoured them and loved the flavor combination.

PLUM ORGANICS PEAR, PURPLE CARROT & BLUEBERRY STAGE 2 BABY FOOD, \$2, WALMART



Best Kids' Smoothies

This smoothie includes organic, plant-based ingredients like coconut milk, vanilla bean, strawberries and butternut squash.

LAB RESULTS The brand's use of cold-pressing to lock in nutrients and color without the need for heat pasteurization wowed our judges. Both parents and baby testers loved it; parents called it "refreshing and convenient."

LITTLE SPOON STRAWBERRY BANANA SHAKE SMOOTHIE, \$2.50, LITTLESPOON.COM



Best Kids' Yogurt

Packed with probiotics, calcium and essential vitamins, the 100% organic vegan yogurt for kids comes in convenient pouches that are perfect when on the go.

LAB RESULTS Kids and parents gave it top scores across the board, describing it as a "total 10 out of 10!" One parent said, "My daughter raved about the taste! And it's not obvious that it's dairy-free."

FORAGER PROJECT

ORGANIC KIDS CASHEWMILK YOGURT, BERRY BERRY, \$2, WHOLE FOODS MARKET



Best Toddler Pouches

These easy-to-use pouches feature an all-star ingredient lineup including bananas, blueberries, chickpeas, purple carrots and oats.

LAB RESULTS Our registered dietitians said the inclusion of plant-based protein sources in this blend makes it a nutritionally superior and well-rounded option. Both kid and adult testers loved it.

GERBER PLANT-TASTIC ORGANIC-FOR-TODDLER POUCHES, \$2, WALMART



Best Kids' Jerky

Perfectly portioned mini meat sticks are made with all-natural chicken or turkey and other bestin-class ingredients.

LAB RESULTS Our nutrition pros noted that many kids' snacks tend to be devoid of protein and high in sugar, but this one is packed with 7 to 8 g of high-quality protein and has only 1 to 2 g of sugar per two-stick serving. Parents loved that the packaging was easy for their littles to open.

THE NEW PRIMAL SNACK MATES MINI MEAT STICKS, \$12 FOR 10, AMAZON



Best Fruit Leathers

A full serving of fruits and veggies is in every strip of this lunchbox-friendly snack made from real whole foods. Each strip is free from added sugar as well.

LAB RESULTS Testers of all ages raved about these, with one saying, "It's a chewy, creamy, melt-in-your-mouth fruit leather!" Parents appreciated the wholesome ingredients catering to their kids' development.

YUMI FRUIT LEATHERS, \$9 FOR EIGHT, HELLOYUMI COM





Most Innovative Baby Food

Created by a practicing neurosurgeon, these nutrient-rich baby food pouches contain 16 essential nutrients critical for healthy brain development.

LAB RESULTS Our experts confirmed that the pouches are certified by the Clean Label Project, which tests for over 400 different contaminants, including heavy metals. Tiny testers enjoyed the purees, and parents felt good about feeding them to their babies.

CEREBELLY ORGANIC BABY PUREE, \$3, AMAZON



How a Safe Step Walk-In Tub can change your life

Remember when...

Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep?

As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

So what's keeping you from having a better quality of life?

Check all the conditions that apply to you. Then read on to learn how a Safe Step Walk-In Tub can help.

Personal Checklist:

- ☐ Arthritis ☐ Dry Skin
- ☐ Insomnia ☐ Anxiety
- ☐ Diabetes ☐ Mobility Issues
- ☐ Lower Back ☐ Poor
 - Circulation Pain

Feel better, sleep better, live better

A Safe Step Walk-In Tub lets you indulge in a warm, relaxing bath that can help relieve life's aches, pains and worries.

A Safe Step Tub can help increase mobility, boost energy and improve sleep.

It's got everything you should look for in a walk-in tub:

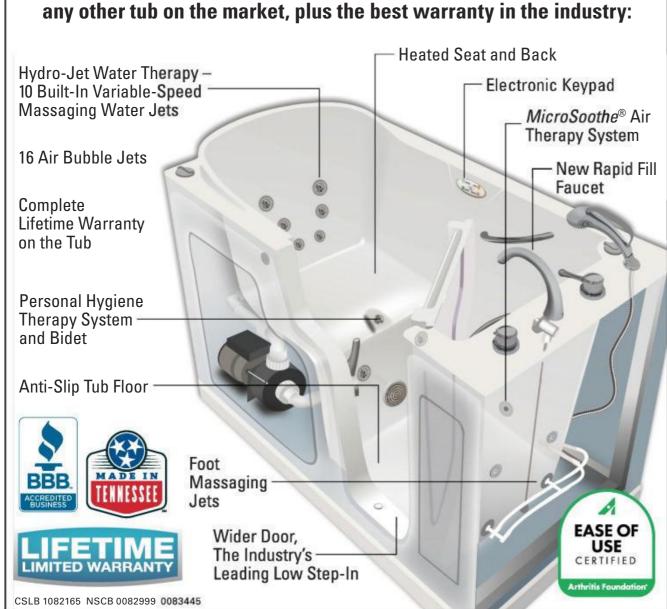
- Heated Seat Providing soothing warmth from start to finish.
- *MicroSoothe*® Air Therapy System – helps oxygenate and soften skin while offering therapeutic benefits.
- Pain-relieving therapy Hydro massage jets target sore muscles and joints.
- Safety features Low step-in, grab bars and more can help you bathe safely and maintain your independence.
- Free Shower Package shower while seated or standing.

Call now toll free

1-800-993-9251

for more information and for our Senior Discounts. Financing available with approved credit.





Safe Step includes more standard therapeutic and safety features than



www.BuySafeStep.com





GH fiber scientists reveal their top-tested tricks to help you make informed decisions about fabrics for your home and wardrobe.



How can I find a cute swimsuit that works for a larger bust?

– LILLIAN T.

A: When swimsuit shopping, I recommend looking for a few key features to be sure your suit will help you feel supported all day.

- 1. Adjustable straps: These allow you to modify the amount of lift (or tightness) in the upper part of the suit – and potentially change it if you're relaxing by the beach versus swimming laps. Thicker straps and halter styles are also great options for adding more support without discomfort.
- 2. Clear cup sizes: Some swim brands list specific cup sizes, while others list a general size. If you have a larger bust but a smaller band size, look for styles that have bra sizing instead of generic sizing to ensure a proper fit.
- 3. Lifting features: For more support and lift, consider an underwire style for the most benefit. We also love tops with removable pads!



UNDERWIRE SUPPORT

Find your best fit with band sizes ranging from 30 to 44 and cup sizes from A to H. CUUP SCOOP SWIM TOP, \$98



ONE-SHOULDER CHIC

A compressive recycled polyamide and elastane material holds everything in place. SUMMERSALT SIDESTROKE BIKINI TOP, \$50



SLIMMING RUCHING

With tummy-control panels, this one-piece offers regular, petite, long and plus sizing. LANDS' END V-NECK WRAP ONE PIECE SWIMSUIT, \$145



MESH CUTOUTS

This suit was beloved by testers for its impressive shade range, flattering shape and trendy style. **TEMPT ME** ONE PIECE HIGH NECK RUCHED

SWIMSUIT, \$30

I dyed fabric, and the color washed right out afterward. Help!

- PARVATI M

A: Oh no! A bit of washout is normal, but if the color is completely gone, something clearly went awry. Keep in mind that for fabric dye to work, it must be absorbed into the core of an item's fibers. If this doesn't occur, most of the color will wash out, which often means the fiber content didn't match the dye type. Here's what to use for each type of fabric:

For natural fibers like cotton, linen, silk and wool, use an all-purpose dye, which is the most common dye available.

For synthetic fabrics such as polyester, acrylic, acetate and nylon, use a dye designed specifically for synthetics such as Rit DyeMore Dye for Synthetics.

For fabric blends, go with an all-purpose dye unless the fabric is more than 35% synthetic.

GH Lab tip: Prewash all items to remove softeners and finishes used during production and stains that may affect dye absorbency.

also in verything & Onion

Absolutely delicious & Absolutely GF

Flour free, light & delicious, Absolutely Gluten Free offers delicious snacks that just happen to be GF. Uniquely made with potato & no gluten, grain, soy, dairy or corn, they're a mustadd to the charcuterie board. Amazon & absolutelygf.com

NUSHAPE

A major

advance in self

care health Elevate your mood,

memory & overall brain health. The

Neuro Wrap pairs

modulation + PEMF

to choose from with

programs for sleep, focus, calm, memory

For total health

maintenance...

turn to the nation's oldest, most trusted

makers of dietary fiber products. More than

just a daily fiber dose,

Psyllium Whole Husks

Veg Caps also help

heart health, weight

& lower cholesterol

YERBAPRIMA20

at yerba.com

levels. 20% off! Code:

and wellness areas

brain photobio-

consolidation &

Code: GH710 at

neurowrap.com

& weight

more! 10% off!



paraben/ fragrance-free ULTRA-SOOTHING HYDRATION

Lily of the Desert 99% Aloe Vera Gelly soothes & deeply hydrates w/no artificials. Made in USA. At Natural Food Retailers, Amazon & lilyofthedesert.com



in 30+ colors

POWERFUL PORTABLE BLENDER

BlendJet crushes ice & frozen fruit. It's quiet, water-resistant, self-cleaning & USB-C rechargeable. Free 2-Day S&H. Save 11% at blendjet.com/ good



try all 6

gourmet flavors

The Garlic Goddess Seasoning Blend

This heavenly salt-free blend of 100% certified organic garlic, herbs & spices satisfies the garlic lover in you while adding pure balanced flavor to any dish without chemicals, fillers or GMOs. 15% off! Code: GH15 at lailaali.com/GH





Healthier looking hair & skin is possible

Silvessa is the 1st comprehensive system designed to restore hair & skin health affected by menopause to deliver visible results. 92% of women studied agree. Save up to 55% off 1st subscription! Code: GOOD20 at hellobonafide.com/ silvessa



Your new favorite bra is back

Garlic

Goddess

SEASONING

BLEND (SALT)

BLEND OF ORGANIC

HERBS AND SPICES

NET WT 4.5 0Z (127G)

GARLIC, ONIONS.

And even better with a flattering, comfy fit. Upgraded removable pads, wider adj straps, side ribbing & center ruching make wearing a Joy Bra feel like it's made just for you. Get \$20 off 3 + free lingerie bag! Code: GH722 at joybra.com





health benefits! If you're just figuring

Head to toe

out the wellness world, start here. Ancient Nutrition's Collagen Peptides brings you benefits for your hair, skin, nails, joints and gut.* Available at Target & ancientnutrition.com



Vet recommended pet skincare

DOUXO S3 PYO pads are thick cotton antiseptic pads, perfect for cleansing of skin infections for cats & dogs. Delivers clinically proven, soothing hydration with natural Ophytrium & no soap, parabens or nanoparticles. douxo.com



RESULTS IN AS LITTLE AS ONE DAY

hair skin nails joints gu unflavored

SCAN

for instant



@tipsntrends

LASER HAIR REMOVAL IN A TUBE

O

DOCTOR RECOMMENDED GENTLE, SOOTHING FIBER

Get rid of hair permanently. New from Japan, Hairfree destroys the root just like a laser! \$10 off + Free Ship! 626-210-0033 tryhairfree.com Code: GH32



FULLER BROWS NATURALLY

EES is the only tested, published & patented product available for fuller, thicker brows, naturally. 20% off!

essentialeyebro Code: EESGH



AT THE PINNACLE OF GOOD HEALTH

Harness the benefits of the best part of the Ganoderma Lucidum mushroom. rich in triterpenoids, in Organo's superior quality Spore Powder. organogold.com





GARDENING GAME CHANGERS

Before you get your hands dirty, gather up the basics with these products—all tested and approved by GH Lab experts!

SEAL PROMISE

All GH Seal products are rigorously assessed by the GH Labs. We stand behind them with our exclusive refund-or-replacement limited warranty.*



1

GENIUS WEED KILLER

Earth's Ally Weed & Grass Killer has a versatile formula that eliminates common broadleaf weeds like dandelion, chickweed, clover and crabgrass down to their roots. The safe, effective formula is powered by common household substances like sea salt, vinegar and soap, so it meets the federal definition of a "minimum risk" pesticide.

LAB RESULTS Our Lab experts were impressed with the strength of Earth's Ally's formula, which, when used as directed, is safe for people and pets while still browning weeds in as little as three hours. One third-party study showed that this weed killer caused the complete death of tenacious dandelion roots at the 14-day mark. GH Lab tip: Spray directly on problem plants only. Over-spraying on desirable plants could cause harm.

EARTH'S ALLY WEED & GRASS KILLER, \$20 FOR 1 GALLON, EARTHSALLY.COM



2

MINERAL SUNSCREEN

Don't forget to take care of yourself while you're taking care of your plants! Gardening usually means a lot of time in the sun, so you need a reliable sunscreen to protect your skin. Olay Regenerist Mineral Sunscreen has an SPF of 30 – the minimum number GH scientists recommend in summer – that provides sheer protection from broad-spectrum UVA/UVB rays and hydrates without leaving skin greasy.

LAB RESULTS The Olay Regenerist formula is free of fragrances, parabens, phthalates and chemical sunscreens. Instead, it contains zinc oxide, a mineral-based sunscreen ingredient. Our GH Beauty Lab experts loved that it supports skin's natural renewal process while protecting skin from the sun's harmful rays.

OLAY REGENERIST HYDRATING MINERAL SUNSCREEN SPF 30, \$30 FOR 1.7 OZ, OLAY.COM



3

FLYING BUG SPRAY

Take care of gnats and flies before they zero in on your produce with the Zevo Instant Action Spray for Fly, Gnat and Fruit Fly Flying Insects. Expertly formulated with geraniol, Zevo attacks bugs' biological systems. Plus, it's safe to use around people and pets when used as directed.

this people-friendly, bug-deadly product knocked out common pests like fruit flies and gnats quickly. It's made with essential oil active ingredients that target nervous system receptors and biological pathways vital to bugs, not people and pets. **GH Lab tip:** Using this spray in or around garbage cans can help deal with unwanted flies.

ZEVO INSTANT ACTION SPRAY FOR FLY, GNAT AND FRUIT FLY FLYING INSECTS, \$7 FOR 10 FL OZ, ZEVOINSECT.COM



DAN DICLERICO,
DIRECTOR
HOME IMPROVEMENT
& OUTDOOR LAB

ASK THE EXPERT

HOW DO I KEEP PESTS OUT OF THE GARDEN?

They come in all shapes and sizes, so you'll likely need a multipronged strategy.

Bugs: Keep in mind that many insects are actually beneficial. For those that could wreak havoc, like aphids and whiteflies, the best defense is a diverse garden rather than a monocrop, since it will attract natural predators like ladybugs and lacewings.

Rodents: If mice and other small rodents are the problem, install a 12" fence made of 1/4" mesh hardware cloth with another 12 inches buried underground.

Rabbits: For bunnies, a 2' fence (at minimum) made of 2" poultry wire should do the trick.

Deer: To deter deer, try a 5' slanted wire fence or an 8' or higher vertical one.

GH+ Exclusive Guides and Challenges

GH+

Insider bonus content you'll love from Good Housekeeping's membership club GH+!

→ Enjoy unlimited access to our full library of curated, one-of-a-kind challenges, guides and more for **FREE** when you become a GH+ member.

Our beloved digital mini-issues are designed to make your life easier—whether it's by helping you reset your relationship with sugar, making your day-to-day routine feel more organized or even refreshing your home from top to bottom with guidance from the pros—all of the GH+ downloads and challenges offer tried and tested plans for living your very best life!







Download our newest releases (and other challenges you may have missed).







GOOD TO GO

For more information about our featured products, sweepstakes, events and extras, visit **goodhousekeeping.com/promotions**



Hellmann's/ Best Foods Real Mayonnaise

Make every meal delicious
with the irresistibly rich
and creamy taste of
Hellmann's/Best Foods
Mayonnaise. It's the perfect
ingredient for spreading
on sandwiches and wraps,
grilling juicy burgers, mixing
creamy dips, and preparing
fresh salads and simple meals.

Hellmanns.com/ BestFoods.com



Mr. Clean Magic Eraser

Mr. Clean Magic Erasers bring the muscle to take on tough messes all around the house.

Mrclean.com/en-us



The best nutrients for their best life

Science-led nutrition. Life-changing results. For every age, size and a variety of needs. SCIENCE DID THAT.

Find the right food at **HillsPet.com**.



Hang out S'more

The crispy graham cracker.

The gooey marshmallow.

The creamy HERSHEY'S chocolate. All three tastes working in perfect melted-under-a-starry-night-in-your-own-backyard-or-maybe-just-right-in-your-kitchen harmony.

It doesn't get much better than a HERSHEY'S S'more.

In fact, the only thing better would be... S'more.

hersheyland.com/smores



Cook + Savor







PARSLEY BUTTER p. 114

Secret Sauce

Made with mustard, brown sugar and a splash of cider vinegar, this sandwich's sauce is inspired by South Carolina-style barbecue. It's said that the sauce came to be when the state's immigrant German population added mustard to the BBQ sauce created and popularized by enslaved Africans.

Porko Tenderloin Sandwiches p. 116

GH KITCHEN APPLIANCES LAB

BEST GRILL BASKET

Get smoky flavor without worrying about smaller ingredients falling through the grates of your grill.



This long basket provides enough surface area to cook a lot in one layer, and its adjustable dividers create sections for prepping various foods at the same time.

Lab Results: In our testing, veggies got a nice char on the exterior but maintained a fresh crunch inside.

PROUD GRILL ULTRAVERSATILE GRILL BASKET, \$40, PROUDGRILL.COM

BASKET BEST PRACTICES



To help prevent foods from sticking, and for extra browning, preheat your basket on the grill before adding ingredients.

Toss ingredients – we like snap peas, green beans, small potatoes and carrots – with oil and seasonings before placing in the grill basket.

Arrange foods in a single layer to maximize browning and minimize steaming.

Resist the urge to flip or stir your food often. As with cooking indoors, the less you turn it, the more flavor and browning you'll develop!





THE KEY TO TOP-NOTCH GRILLING? GREAT GRATES.

The secret to seamless grilling all season: Keep your grill clean and your grates oiled. Once preheated, brush grates with a stainless steel grill brush to release stuck-on food. Right before adding anything, use a heat-tolerant basting brush to coat grates with canola oil.



TOP GRILLING THERMOMETER

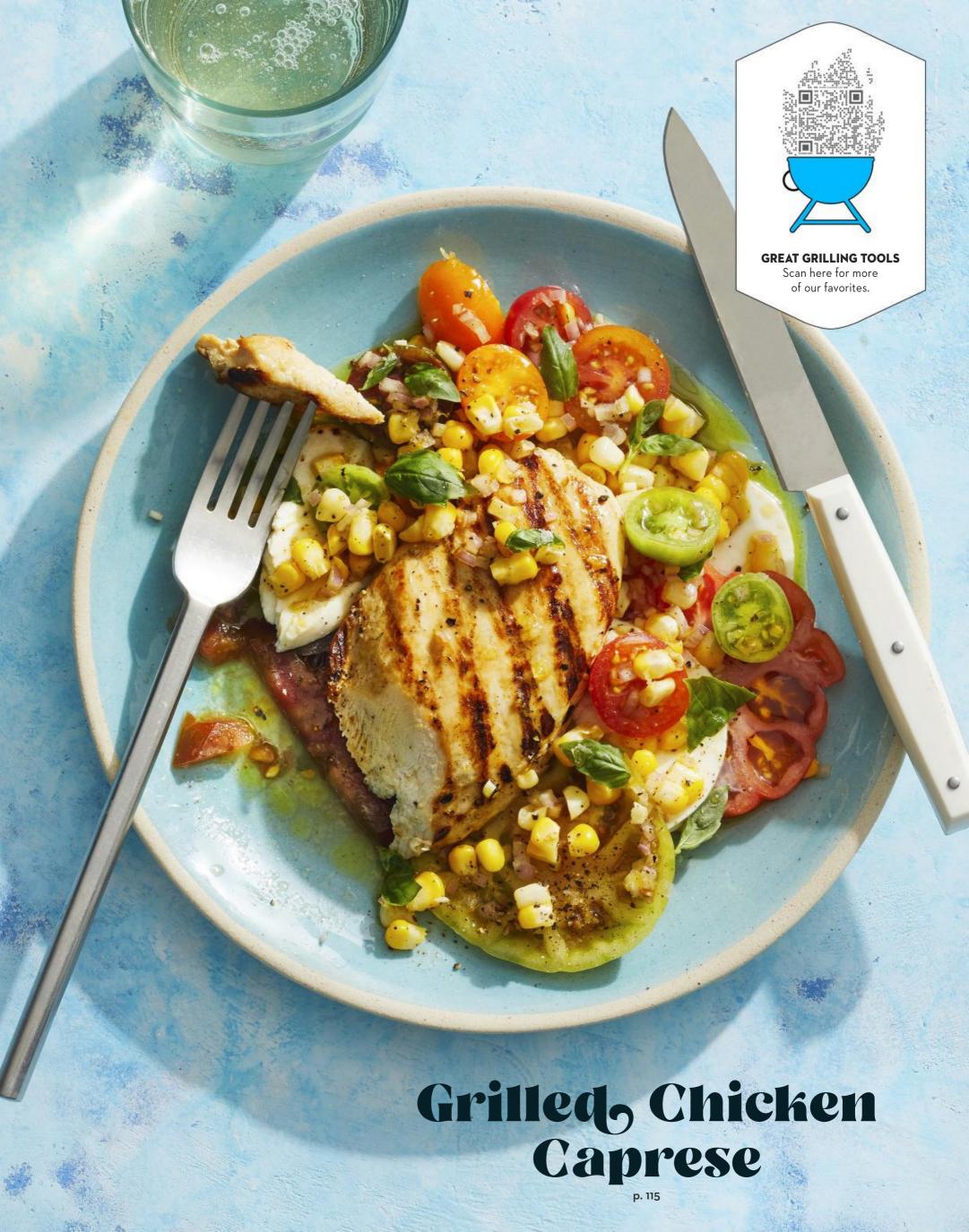


This instant-read pick stands out among competitors for its long, thin tip that easily pierces all types of food (from chicken thighs to steak). It also has a large, easy-to-read digital screen that shows temps to the nearest tenth of a degree.

Lab Results: It got perfect scores on our accuracy tests, and it gave temps in less than three seconds. **LAVATOOLS** JAVELINE PRO DUO, \$55, LAVATOOLS.CO



Tri-Tip Steak with Salsa Werde





CRUST CRUSH

Master our no-bake method, then get creative with the cookies: In a food processor, pulse cookies until fine crumbs form, then add melted butter and pulse to combine. For a standard 9-in. pie plate, you'll need 1¾ cups crumbs. Press into a pie dish and refrigerate until set, at least 20 min.



CHIPS AHOY22 cookies
+ 3 Tbsp butter



NUTTER BUTTER
18 cookies
+ 4 Tbsp butter



CHOCOLATE WAFERS
34 cookies
+ 6 Tbsp butter



GRAHAM CRACKERS

14 cookies
+ 6 Tbsp butter



NILLA WAFERS
60 cookies
+ 6 Tbsp butter





best of the test

PORTABLE GRILLS

Meet the winners that smoked the competition! These compact options offer versatility you can't get with a fullsize BBQ. They travel well, fit perfectly in small spaces and work nicely as a second grill if you like having fuel options.

how we tested

Our Lab pros evaluated 24 grills using the following criteria:

- · Grill specs like cooking surface, size, weight, transportability
- How evenly gas grills heatedHow quickly each cooked steak
- and chicken thighs
- · Risk of flare-ups
- Ease of cleaning

GAS GRILLS

Connect to an external propane tank; control knobs give you more control over the temperature of the cooking surface.



BEST GAS

This portable grill offers a large 189-sq.-in. surface area that can fit ten 4-in. burgers. It has a domed lid with an oversize handle that can be used to cook foods more quickly and more efficiently than unlidded grills. The grate is made of porcelainenameled cast iron and is easy to clean. Like most of Weber's gas grills, it has a disposable drip tray.

WEBER Q1200 GAS GRILL, 15.5" H x 40.9" W x 16.5" D, 30 LBS, WEBER COM

DETAILS

PRODUCT

\$259

TAKE NOTE

- Surprisingly lightweight for its size
- Includes side shelves that fold in for transportation and storage
- The propane tank sits on the right side of the grill under the shelf, making it slightly challenging to grasp the handle when carrying.

RESULTS LAB

In our tests, this portable grill made a gorgeous steak with picture-perfect grill marks. It produced barely any flare-ups in our steak and chicken tests. Chicken thighs attained deep sear marks and developed a crispy skin. There was some charring. We loved the ample cooking space and the area for resting our tongs and serving plate.

EASIEST TO CARRY

An adjustable padded strap makes it possible to take this grill on the go while still balancing all the other things you need for your cookout. It has a 226-sq.-in. cooking surface and stands on two sturdy feet that tuck away when you're done. Several built-in safety features keep it from accidentally getting unlatched in transit.

NOMADIQ PORTABLE PROPANE GAS GRILL, 14.2" H x 16" W x 5.2" D. 12.3 LBS. NOMADIQGRILLS.COM

\$200

- Highly portable
- · Temperature on each side of the grill can be controlled separately.
- The grease drainage holes are located on either side of the grill: wipe down before transporting to avoid potential messes, or invest in the carrying sleeve.

This grill is slim and unassuming in the closed position and ready to tackle big or small cookouts (if you use just one side) when open. In our tests, it turned on quickly and cooked a steak with nice grill marks and no signs of burning. Chicken thighs cooked well to a golden brown color. Both proteins took a little longer to cook than on the grills that came with lids.

CHARCOAL GRILLS

Use charcoal pieces (no external tank) for a smokier flavor and a less cumbersome fuel source.



BEST CHARCOAL

This 14-in. grill is made of the same porcelain-enameled material as its iconic larger counterparts. It's lightweight and sturdy with a small coal rack. It has an adjustable vent on its lid like Weber's other charcoal grills, in addition to vents located on either side of the kettle for added temperature control.

WEBER SMOKEY JOE PREMIUM, 17" H x 14.2" W x 16.5" D, 10 LBS, WEBER COM

\$57

- Small and very lightweight
- Nice price
- · Large and comfortable handle
- This grill didn't get superhot but still produced nicely browned food.
- · Doesn't have an exterior ash collector

This charcoal grill took only a couple of minutes to put together. It's sturdy when being used or moved. The carrying handle locks into the handle on the top of the lid to latch it into place, which makes it easy to transport. While we like charcoal grills with exterior ash collectors, we found that the base of this one was easy enough to turn over and empty when cool.



BEST FOR PICNICS

Handles located on either side of this compact grill - which can fit four 4-in. burgers - make it easy to transport; there are also two latches that keep the lid securely in place. The small footprint is perfect for taking on the go and cooking for a couple of people or in batches.

EVERDURE BY HESTON BLUMENTHAL CUBE PORTABLE CHARCOAL GRILL, 9.05" H x 16.73" W X 13.67" D, 19 LBS, **EVERDUREBYHESTON.COM**

\$199

- Innovative, functional design
- · Lidded top doubles as a prep board and storage container
- The lid's storage bin is slim.
- · Doesn't have an exterior ash collector

Its small size and square shape make this grill easy to fill with coals in a single layer, which we found helped regulate the temp more easily than mounding them in sections. Food cooked nicely, and we experienced barely any flare-ups. Cleanup was easy too: Wash accessories with soapy water in the sink; empty and wipe the interior.



Photographs by
MIKE GARTEN
Prop styling by
LIS ENGELHART
Food styling by
SIMON ANDREWS

Smoky Barbecue Ribs

MIXES TO MASTER

Stir together any (or all!) of these rubs and store in an airtight container at room temp for up to 3 months.

To use, sprinkle or pat about 2 Tbsp onto each pound of meat, seafood or vegetables.



SMOKY ALL-PURPOSE

- ☐ 6 Tbsp chili powder
- ☐ 2 Tbsp ground cumin
- ☐ 1 Tbsp dried oregano
- □ 1/2 tsp ground cinnamon
- □ 11/2 tsp kosher salt
- □1 tsp smoked paprika

Great for: ribs, pork, bone-in chicken, salmon, onions, peppers, carrots, sweet potatoes



HERBY

- ☐ 6 Tbsp dried oregano
- ☐ 2 Tbsp dry mustard
- ☐ 2 Tbsp ground coriander
- □ 1 Tbsp sumac
- □ 1 Tbsp dried thyme
- ☐ 1 Tbsp dried sage
- □ 11/2 tsp kosher salt
- □ 11/2 tsp black pepper

Great for: lamb, chicken breast, shrimp, fish, zucchini, asparagus, peas



CHESAPEAKE-STYLE

- ☐ 16 bay leaves, finely crushed (2 tsp)
- □ 1 Tbsp paprika
- □ 1 Tbsp kosher salt
- ☐ 2 tsp celery seed
- ☐1 tsp ground ginger
- □ 1/2 tsp ground mustard
- □ 1/8 tsp ground nutmeg
- **Great for:** chicken, shrimp, fish, potatoes, squash



Dry-Rubbed Veggies

Active 20 min. | Total 20 min.

Heat grill to medium-high. Cut 1 large **red onion** into rings. Brush with 1 Tbsp **oil** and sprinkle with 1 Tbsp **rub**. Slice 2 medium **zucchini** and 2 small **summer squash** lengthwise ¼ in. thick, brush with 2 Tbsp oil and sprinkle with 2 Tbsp rub. Grill veggies until tender, 2 to 3 min. per side for squash and 4 min. per side for red onion.





4 WAYS TO SEASON, STIR AND SIP



ZESTY MICHELADA

Active 10 min. | Total 10 min.

In pitcher, combine one 32-oz bottle Clamato tomato drink, 3/4 cup fresh lime juice, 1 Tbsp Cholula hot sauce and 1 tsp Worcestershire sauce. On plate, combine 1/4 cup Smoky All-Purpose rub with 1 Tbsp sugar. Rub cut lime wedge around rims of glasses, then dip in spice mixture. Fill each glass with ice and 1/4 cup Clamato mixture. Top with **beer** and serve with lime wedges.

MARINATED CHICKEN

Active 15 min. | Total 55 min. (including marinating and resting) | Serves 4 to 6

In small bowl, combine 3 Tbsp oil and 2 Tbsp Chesapeake-Style rub to make a paste, then rub all over 8 small chicken legs. Let sit 20 min. Heat grill to medium-low or oven to 450°F. Grill chicken, covered, turning occasionally, until cooked through, 30 to 35 min., or roast on rimmed baking sheet until cooked through, 20 to 25 min.

HERBED CHEESE DIP

Active 10 min. | Total 10 min. Makes about 1 cup

Heat 1 Tbsp olive oil, 1 clove garlic (pressed) and 2 tsp Herby rub in small skillet on medium until garlic is fragrant, 1 min. Immediately transfer to bowl. Add 1 tsp lemon zest plus 1 Tbsp fresh lemon juice. Fold in 4 oz fresh goat cheese (at room temp) and ½ cup ricotta. Then fold in ¼ cup fresh mint (chopped) and 2 Tbsp chopped chives.

SMOKY SPICED BREADCRUMBS

Active 5 min. | Total 5 min. Makes 1/2 cup

Heat 1 Tbsp olive oil in large skillet on mediumhigh. Add ½ tsp Smoky All-Purpose rub and cook, stirring often, 30 sec. Add ½ cup panko and cook, stirring, until toasted, about 3 min. Transfer crumbs to plate. Serve spooned over creamy mac 'n' cheese, pesto pasta (above), potato salad, roasted veggies or salad.

EASY WEEKNIGHTS

Make a fresh and delicious dinner in less time than you'd need to order takeout.





Steak, Peach and Watercress Salad

Active 25 min. | Total 25 min.

1. Heat broiler. Season one 1-lb hanger steak (trimmed) with 1/2 tsp each kosher salt and pepper and place on broiler-proof rimmed baking sheet. Broil to desired doneness, 3 to 4 min. per side for medium-rare. Transfer to cutting board and let rest 5 min. before slicing.

2. Meanwhile, in large bowl, whisk together 2 Tbsp olive oil, 11/2 Tbsp sherry vinegar and 1/4 tsp each

salt and pepper. Add 3 **peaches** (pitted and cut into ½-in. wedges) and toss to coat.

3. Fold in ¼ cup toasted **walnuts** (roughly chopped), 2 oz **blue cheese** (crumbled), 2 Tbsp chopped **chives** and steak. Then fold in 1 bunch **upland cress**. Serve topped with additional chives if desired.

SERVES 4 About 406 cal, 27 g fat (8 g sat), 30 g pro, 578 mg sodium, 14 g carb, 2 g fiber





Green Goddess Sandwiches

Active 15 min. | Total 15 min.

1. In small bowl, combine 1/3 cup mayonnaise, 1/2 Tbsp lemon juice, 1/2 small clove garlic (finely grated) and 1/4 tsp each kosher salt and pepper; fold in 1/4 cup basil (chopped) and 2 Tbsp chopped chives.

2. Spread basil mayo on 8 slices whole-grain bread,

then create sandwiches with 2 cups salad greens or favorite lettuce, 1 avocado (sliced), ½ seedless cucumber (halved crosswise and thinly sliced lengthwise), 1 cup sprouts and 4 hard-boiled eggs (sliced).

SERVES 4 About 433 cal, 29 g fat (5.5 g sat), 16 g pro, 546 mg sodium, 30 g carb, 8 g fiber





Grilled Lemony Chicken and Kale Active 25 min. | Total 25 min.

- 1. Heat grill to medium-high. In large bowl, combine 1 Tbsp each lemon juice and olive oil; 1 Tbsp fresh oregano (chopped); ½ tsp each garlic powder, Aleppo pepper and kosher salt; and ¼ tsp black pepper. Add 8 thin chicken cutlets (about 2 oz each; pounded to ¼ in. thick) and toss to coat. Let sit 3 min. (resist marinating longer, as the lemon juice could start cooking the chicken).
- **2.** In second large bowl, toss 2 bunches **Tuscan kale** (thick stems stripped) with 2 Tbsp olive oil and $\frac{1}{4}$ tsp each salt and pepper.
- **3.** Grill chicken until charred and cooked through, about 2 min. per side; transfer to plates. Grill kale, turning often, until charred and just tender, 3 to 4 min. total; transfer back to bowl. Grill 2 **lemons** (halved), cut sides down, until charred, 1 to 2 min.
- **4.** Squeeze half of grilled lemon over kale and toss to combine, then toss with 1 oz **Parmesan** (shaved). Serve over chicken with additional shaved Parmesan and grilled lemon halves.

SERVES 4 About 309 cal, 15 g fat (3.5 g sat), 30 g pro, 595 mg sodium, 16 g carb, 3 g fiber





Air Fryer Salmon Flatbreads

Active 15 min. | Total 15 min.

- 1. In small bowl, combine 1 Tbsp each **red wine vinegar**, **olive oil** and **capers** (chopped), 1 **scallion** (finely chopped) and ½ tsp **pepper**; set aside.
- 2. Heat air fryer to 400°F. In bowl, toss 1 pint grape tomatoes, 1 Tbsp oil and 1/4 tsp each kosher salt and pepper. Season 1 lb skinless salmon fillet (cut into 11/2-in. pieces) with 1/4 tsp each salt and pepper.
- **3.** Place salmon in single layer on 1 side of air fryer and add tomatoes to remaining space (piling them is great). Air-fry until salmon is barely opaque throughout, 6 min.
- **4.** Transfer tomatoes to bowl with vinegar-scallion mix and toss to combine, then toss with 1 Tbsp chopped **flat-leaf parsley**.
- **5.** Spread **labneh or Greek yogurt** on 4 pieces **naan or flatbread** (warmed), top with salmon and 2 cups **baby arugula or kale**, then spoon tomato mixture on top. Sprinkle with sliced scallions and crumbled **feta** if desired.

SERVES 4 About 487 cal, 25 g fat (9 g sat), 41 g pro, 750 mg sodium, 30 g carb, 10 g fiber

5-INGREDIENT DINNER

Creamy Corn Pasta

START

Active 20 min. Total 20 min.



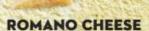
CORN

Bring large pot of salted water to a boil. Add 6 ears fresh corn (shucked) and cook 2 min. Transfer to cutting board.



ORECCHIETTE

Add 12 oz orecchiette to same pot and cook per pkg. directions. Reserve 1 cup cooking water, then drain pasta.



When corn is cool enough to handle but while pasta is still cooking, cut off kernels (you should have about 3 cups). Transfer 2 cups to blender along with 1 oz Romano (finely grated), 3/4 cup pasta cooking water and 1/4 tsp salt; puree until very smooth.





SCALLIONS & BASIL

Toss pasta with corn puree, adding some reserved pasta water, 1 Tbsp at a time, if pasta seems dry. Fold in reserved corn, 2 scallions (chopped) and 1/2 cup basil. Serve sprinkled with additional cheese and basil as well as hot sauce if desired.

SERVES 4

About 484 cal, 5 g fat (2 g sat), 19 g pro, 402 mg sodium, 96 g carb, 5 g fiber

LEFTOVER MAKEOVER

Extra grilled corn?
Cut kernels off the cob and fold into your pasta to add a complex, smoky flavor that just tastes like summer.

TURN WHAT YOU HAVE



SOMETHING DELICOSOMETHING DELI

MAKE TASTE, NOT WASTE.



WE'RE ON THE SIDE OF FOOD





· TESTED tel PERFECT ·



CHARRED CORN WITH PARMESAN-PARSLEY BUTTER G V

Active 20 min. | Total 50 min.

- 8 ears corn
- 1/2 cup (1 stick) unsalted butter, at room temp
- 11/2 cups flat-leaf parsley leaves
- 2 Tbsp grated Parmesan, plus more for serving
- 1 small clove garlic, grated
- 1 tsp lemon zest plus 2 tsp lemon juice Kosher salt and pepper Cracked pepper, for serving
- 1. Pull most of outer husks of corn down to expose kernels, then remove silk. Pull husks back up to cover kernels, transfer to large bowl or roasting pan, cover with cold water and soak 30 min.

- 2. Meanwhile, in food processor, puree butter, parsley, Parmesan, garlic, lemon zest and juice, 1/2 tsp salt and 1/4 tsp pepper until smooth. Set aside.
- **3.** Heat grill to medium-high. Pat corn very dry and grill, turning occasionally, until charred on all sides and corn is tender, 8 to 10 min. Transfer to cutting board and let sit until cool enough to handle, then pull down husks, exposing kernels.
- 4. Return to grill and cook until slightly charred, about 5 min. Transfer back to cutting board. Serve with butter as well as a sprinkling of Parmesan and cracked pepper if desired.

SERVES 4 About 400 cal, 26.5 g fat (15.5 g sat), 8 g pro, 332 mg sodium, 40 g carb, 5 g fiber

Butter Boosters

Amp up the flavor of this spreadable staple by stirring in herbs and spices.

For all butters, mix in a bowl to combine and then, using plastic wrap, shape the mixture into a cylinder and twist the ends to seal; refrigerate for up to two weeks or freeze for up to two months. Slice and toss with roasted or grilled veggies, or use to top meats and seafood.

Smoky Cheddar

- 1/2 cup (1 stick) unsalted butter, at room temp
- 1 oz extra-sharp orange Cheddar, grated
- 1/4 tsp smoked paprika
- 1 Tbsp finely chopped cilantro
- 1 tsp lime zest plus 2 tsp juice

- Hot Honey
 1/2 cup (1 stick) unsalted butter, at room temp
- 1 Tbsp habanero hot sauce (we used Tabasco), plus more to taste
- 2 tsp honey
- 1 Tbsp chopped chives

Herby Mustard

- 1/2 cup (1 stick) unsalted butter, at room temp
- 1/2 small shallot, finely chopped (about 2 Tbsp)
- 1 Tbsp chopped flat-leaf parsley
- 1 to 2 tsp Dijon mustard
- 1 tsp fresh thyme leaves

Miso Garlic

- 1/2 cup (1 stick) unsalted butter, at room temp
- 2 Tbsp red miso paste
- 1 small clove garlic, grated
- 1 scallion, finely chopped
- 1 Tbsp toasted sesame seeds







BLISTERED SNAP PEAS Q G V

Active 15 min. | Total 15 min.

- 1 lb snap peas, strings removed
- 2 Tbsp olive oil
- 1/2 to 1 tsp gochugaru Kosher salt
- 1/2 lemon, plus wedges for serving Cilantro, for serving
- 1. Place grill basket on grill and heat grill and basket, covered, on high 10 min.
- 2. In large bowl, toss snap peas with oil, gochugaru and ½ tsp salt. Add to grill basket and grill, tossing twice, until charred and just tender, 5 to 8 min.
- **3.** Squeeze juice of 1/2 lemon on top and toss to combine. Transfer to shallow bowl or platter and serve with additional wedges and sprinkle with cilantro if desired.

SERVES 4 About 111 cal, 7 g fat (1 g sat), 4 g pro, 245 mg sodium, 10 g carb, 3 g fiber

SPICE SPOTLIGHT

Available at many grocery stores, gochugaru is a vibrant red Korean chile powder with a sweet, smoky and slightly fruity flavor. Made primarily from a chile pepper called taeyangcho, it brings heat and complexity to cold salads, kimchi and Korean barbecue dishes like bulgogi. Substitute chipotle powder or a pinch of cayenne pepper for a similar taste.

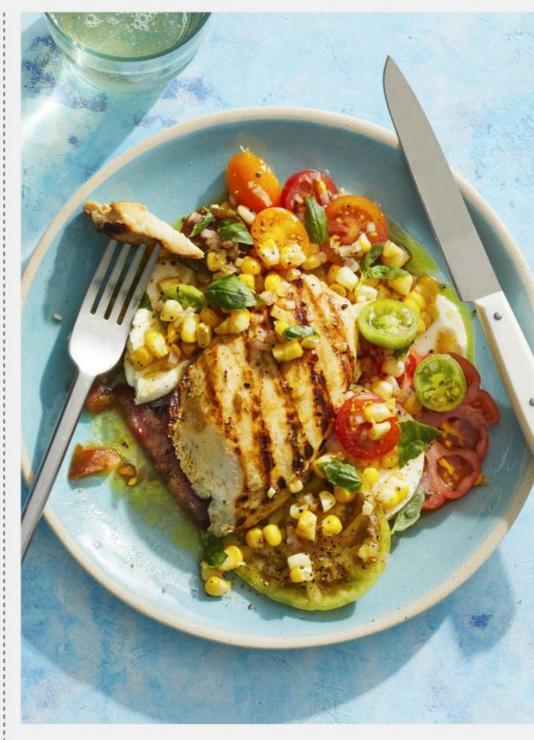


GRILLED CABBAGE WEDGES WITH CREAMY CARAWAY DRESSING Q G

Active 20 min. | Total 20 min.

- 1 Tbsp fresh lemon juice
- 1/2 tsp sugar Kosher salt and pepper
- 1/4 cup mayonnaise
- 2 Tbsp whole-milk yogurt
- 1/4 tsp celery seed
- 1/4 tsp caraway seed
- 1 small green cabbage (about 2 lbs)
- This polive oil
 Chopped parsley, sliced scallions and cooked bacon, for serving
- 1. Heat grill to medium-high. In bowl, whisk together lemon juice, sugar and ½ tsp salt to dissolve. Whisk in mayonnaise, yogurt, celery and caraway seeds and ¼ tsp pepper.
- 2. Cut cabbage into 8 wedges, leaving core intact. Brush cabbage with oil, then place flat side down and grill until charred and just tender, 5 to 7 min. per side; transfer to platter.
- **3.** Drizzle cabbage with dressing, then sprinkle with parsley, scallions and bacon if desired.

SERVES 4 About 178 cal, 14 g fat (2.5 g sat), 3 g pro, 364 mg sodium, 12 g carb, 5 g fiber



GRILLED CHICKEN CAPRESE Q G

Active 20 min. | Total 20 min.

Canola oil, for grill grates

- 1 Tbsp red wine vinegar
- 3 Tbsp plus 2 tsp olive oil, divided Kosher salt and pepper
- 1 small shallot, finely chopped
- 1 cup corn kernels (from 1 large ear, or frozen and thawed)
- 1 pint mixed-color grape or cherry tomatoes, halved
- 4 6-oz boneless, skinless chicken breasts
- 2 lbs mixed-color medium and large tomatoes, sliced
- 6 oz fresh mozzarella, sliced
- 1/4 cup small fresh basil leaves

- 1. Heat grill to medium-high. Clean grill and lightly oil with canola oil. In bowl, whisk together vinegar, 3 Tbsp olive oil and ½ tsp each salt and pepper; stir in shallot. Add corn and grape tomatoes and toss to combine; set aside.
- **2.** Rub chicken with remaining 2 tsp oil, season with $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp pepper and grill until cooked through, 4 to 6 min. per side.
- **3.** Arrange chicken, sliced tomatoes and mozzarella on platter. Spoon corn mixture and any juices from bowl over top, then sprinkle with basil.

SERVES 4 About 494 cal, 28 g fat (9 g sat), 46 g pro, 630 mg sodium, 17 g carb, 4 g fiber



GH HOME IMPROVEMENT LAB

We're Big Fans

Expert-approved stay-cool picks for ceiling, window and floor



CEILING

WHY WE MADE IT: The new Good Housekeeping five-blade Adeline ceiling fan offers three speeds—all controlled with a handy remote—to help you maintain comfort in your home. The motor is reversible, so you can opt for a downward airflow to stay cool in summer and an upward airflow to circulate warm air in winter. It also provides an energy-efficient, dimmable LED light. Choose between Brushed Nickel and Matte Black; both finishes have reversible blades so you can easily fit your decor or switch things up.

ADELINE 52" LED INDOOR **CEILING FAN** WITH REMOTE BY GOOD HOUSEKEEPING, \$189, AMAZON



WINDOW

Our pros say that this effective window fan is designed to fit most double-hung and slider windows; it includes extender panels to help secure it. The dual fans are controlled separately, so they can create three options for circulating air: They can pull fresh air from the outside into the room, exhaust stale room air to the outside or run in opposite directions for a complete air exchange. The unit offers two speeds and an adjustable thermostat to make it easy to cool a room.

HOLMES DUAL 8" BLADE TWIN **WINDOW FAN**, FROM \$70, AMAZON



FLOOR

The Vornado 630 is our experts' pick for a midsize room. They praise the pivoting head, which makes it easy to direct cool air where you need it most. And they say each of its three speed settings does a superb job of circulating air. It is relatively easy to clean, and the squat design and sturdy base give you the option to move it from the floor to your dresser to cool your bedroom while you sleep.

VORNADO 630 MID-SIZE WHOLE ROOM **AIR CIRCULATOR FAN**, \$70, AMAZON



PORK TENDERLOIN SANDWICHES

Active 20 min. | Total 40 min.

- 1 Tbsp olive oil
- 1 clove garlic, grated
- 1/4 cup yellow mustard
- 1/4 cup Dijon mustard
- 1/4 cup cider vinegar
- 2 Tbsp packed light brown sugar
- 2 Tbsp honey
- 1 tsp hot sauce
- 1 tsp Worcestershire sauce
- 1 1-lb pork tenderloin, trimmed Kosher salt and pepper
- 4 ciabatta rolls, split and grilled
- 1 heart romaine, thinly sliced
- 4 mini colored peppers, very thinly sliced
- 1. Heat grill to medium-high. Heat oil and garlic in small saucepan on medium until fragrant, 30 sec. Add mustards, vinegar, brown sugar, honey, hot sauce and Worcestershire sauce and whisk to combine. Simmer, stirring occasionally, until thickened, about 3 min.; remove from heat (you should have about 3/4 cup).
- 2. Season pork with ½ tsp each salt and pepper and grill, covered, turning occasionally, 12 min. Continue grilling, basting with ¼ cup sauce, until instant-read thermometer registers 145°F, 3 to 6 min. more. Transfer pork to cutting board and let rest at least 5 min. before thinly slicing.
- **3.** Drizzle bottom pieces of rolls with ½ Tbsp sauce each, then make sandwiches with lettuce, peppers and pork. Drizzle with remaining sauce and add tops to make sandwiches.

SERVES 4 About 445 cal, 8.5 g fat (1.5 g sat), 31 g pro, 1,169 mg sodium, 59 g carb, 4 g fiber



CAST-IRON SPINACH & ARTICHOKE DIP V

Active 15 min. | Total 45 min.

Canola oil, for grill grates 1 8-oz pkg. cream cheese,

at room temp 1/2 cup sour cream

- 1 tsp lemon zest
- plus 3 Tbsp lemon juice
- 1 large clove garlic, grated
- 2 oz Parmesan, grated (about ½ cup), divided Kosher salt and pepper
- 1 14-oz can artichokes, drained and chopped
- 1 10-oz pkg. frozen leaf spinach, thawed and squeezed dry
- 1 small loaf country bread, sliced
- 3 Tbsp olive oil
- 1. Set up grill for direct and indirect cooking and heat to medium. Once hot, clean and lightly oil grates with canola oil.
- 2. In bowl, combine cream cheese, sour cream, lemon zest and juice, garlic, ¼ cup Parmesan and ½ tsp each salt and pepper. Fold in artichokes and spinach. Transfer to 9-in. cast-iron skillet. Top with remaining ¼ cup Parmesan and cover with aluminum foil.
- **3.** Place skillet over indirect heat and cook, covered, 10 min. Remove foil and rotate skillet, keeping over indirect heat; cook, uncovered, until bubbling and golden brown, 18 to 20 min. Remove from grill.
- **4.** Drizzle bread with olive oil and grill on direct heat, turning occasionally, until crisp, about 1 min. Serve with dip.

SERVES 6 About 386 cal, 28 g fat (12 g sat), 11 g pro, 787 mg sodium, 24 g carb, 2 g fiber





TRI-TIP STEAK WITH SALSA VERDE G

Active 25 min. | Total 25 min. plus resting

- 1 11/2- to 2-lb tri-tip steak, trimmed
- 4 Tbsp olive oil, divided
- tsp smoked paprika
 Kosher salt and pepper
- 1 cup parsley leaves
- 1/2 cup basil leaves
- 3 Tbsp capers, drained
- 1/2 small clove garlic, pressed
- 2 tsp Dijon mustard
- 1/2 tsp honey
- 1. Heat grill to medium-high. Rub tri-tip with 1 Tbsp oil, then paprika and $\frac{1}{2}$ tsp each salt and pepper.
- 2. Grill, turning occasionally, until browned on all sides and cooked to desired doneness, 18 to 25 min. depending on size of tri-tip. (It's medium-rare when instant-read thermometer inserted into thickest part of meat registers 130°F.) Transfer to cutting board and let rest at least 10 min. before slicing.
- **3.** Meanwhile, in mini food processor or blender, pulse parsley, basil, capers, garlic, mustard, honey, ¼ tsp salt and ½ tsp pepper until finely chopped. Add remaining 3 Tbsp oil and pulse to combine. Serve with steak.

SERVES 4 TO 6 About 392 cal, 26.5 g fat (7.5 g sat), 35 g pro, 466 mg sodium, 2 g carb, 1 g fiber

A CUT ABOVE

The tri-tip steak, once found only in ground beef, was introduced as a stand-alone cut in California's Santa Maria Valley in the 1950s as an inexpensive yet extremely tender, lean and flavorful stand-in for cuts like rib eye and strip.



KEY LIME PIE MV

Active 30 min. | Total 1 hr. 15 min.

- 34 chocolate wafer cookies Kosher salt
- 6 Tbsp unsalted butter, melted
- 2 14-oz cans sweetened condensed milk
- 8 large egg yolks
- 1 Tbsp regular or key lime zest (from 5 key limes), plus more for serving
- 1 cup regular or key lime juice (from about 25 key limes)
- 11/4 cups heavy cream
- 1/4 cup sour cream
- 2 Tbsp confectioners' sugar
- 1/2 tsp pure vanilla extract
- 1. Heat oven to 375°F. In food processor, pulse cookies and a pinch of salt to form fine crumbs. Add butter and pulse to combine. Transfer mixture to 9-in. pie plate and press evenly onto bottom and up side. Bake until crust is set and fragrant, 10 to 12 min. Transfer to wire rack to cool.

- 2. Reduce oven temp to 350°F.
- **3.** In bowl, whisk together condensed milk, egg yolks, lime zest and lime juice. Pour mixture into cooled crust; bake until center is just set, 12 to 15 min. Transfer to wire rack; let cool completely, about 1 hr., then refrigerate if desired.
- **4.** Using electric mixer, beat heavy cream, sour cream, confectioners' sugar, vanilla and a pinch of salt to form medium-stiff peaks. Spoon onto pie and sprinkle with additional lime zest before serving if desired.

SERVES 8 About 724 cal, 40 g fat (23 g sat), 14 g pro, 374 mg sodium, 81 g carb, 1 g fiber

The Good Stuff

p. 3



HOW TO

PAINT GRAPHIC "TILES"

Laura Gummerman of A Beautiful Mess transformed the concrete patio of her Nashville home with paint rather than splurging on patterned tiles. "Projects like this can be a lot of work," says Laura. "But the money saved and the happiness payoff are pretty big deals." Want to give this DIY a try? Snag these supplies, then visit abeautifulmess.com /painted-patio-tile-diy for the full instructions.

SUPPLIES:

- Painter's tape
- Tape measure
- Degreaser/etcher
- Long-handled stiff broom
- Telescoping paint roller
- Paint tray
- Wide craft brush
- Valspar White 1500 Porch & Floor Latex Satin Enamel
- Sherwin-Williams
 Tricorn Black paint
 or other paint of choice

GOOD TO GO



Pour Your Heart Into Every Morning

Honey Nut Cheerios with a touch of real honey and whole grain oats makes eating heart healthy enjoyable.

(Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios $^{\text{TM}}$ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving).

Learn more: cheerios.com

Planning a vacation? Let us help you decide where to go! • Get inspired with vacation ideas Browse by activity and/or region to find your ideal destination Request free information from our travel partners GreatGetawaysGuide.com HEARST WOMEN'S TRAVEL GROUP



THE WORKBOOK

From Scratch

p. 104



SMOKY BARBECUE RIBS G

Active 20 min. | Total 3 hr.

- 1 batch Smoky All-Purpose rub (page 105)
- 3 racks baby back ribs or 2 racks St. Louis ribs, membranes removed and discarded Barbecue sauce, for basting and serving
- 1. Heat oven to 350°F. Working on rimmed baking sheet, rub spice mix all over ribs. Wrap tightly with foil and bake 45 min.
- 2. Reduce oven temp to 275°F and continue baking until meat is tender and pulling away from bones, 13/4 to 21/2 hr. more depending on rib type and size of rack.
- 3. Heat grill to medium-high. Grill ribs, basting with barbecue sauce and turning occasionally, until sticky and caramelized, 5 to 8 min. Transfer to cutting board and cut into pieces. Serve with additional barbecue sauce if desired.

SERVES 4 TO 6 About 631 cal, 40 g fat (14 g sat), 42 g pro, 1,384 mg sodium, 25 g carb, 4 g fiber

Test Kitchen Tip: Rib Prep

All pork ribs have a membrane, or thin tissue, attached to the underside. For the best flavor and texture, remove it before cooking: Slide a butter knife under 1 edge and wiggle to loosen before grabbing the edge with a paper towel and pulling it off.

Cook + Savor



STAR-SPANGLED SPRITZER QGVH

Active 15 min. | Total 15 min.

- 1/4 cup sugar
- 2 Tbsp lemon juice
- 4 6-oz containers raspberries, divided
- 1 pint blueberries Pineapple stars (instructions below)
- 1 750-ml bottle sparkling wine or 3/4 liter sparkling water
- 1. In pitcher, muddle sugar, lemon juice and 1 container raspberries to dissolve sugar.
- 2. Add blueberries, pineapple stars and remaining raspberries, layering if desired. Top with sparkling wine or sparkling water and serve over ice. SERVES 4 TO 6

PINEAPPLE STARS

Peel pineapple and slice 1/4 in. thick. Use small star-shaped cookie cutters to cut out shapes. (PS: This works with melons too!)

PINK PICKS

Refreshing rosé is the perfect sip to pair with summer fare. Our favorites:



CROWD-PLEASER

This crisp and light choice goes well with everything from grilled chicken to cheese plates. Plus, one pouch equals four bottles of vino!

VRAC ROSÉ 2021 3L POUCH, \$30, WINE-SEARCHER.COM



PICNIC-READY

Pack this bright, fizzy can for outdoor occasions all summer long. We also adored the still option from this brand. UNDERWOOD CANNED

ROSÉ BUBBLES, \$7, UNIONWINECOMPANY.COM



FANCY FAVE

This dry, aromatic, fuller-bodied option – made from 100% Sangiovese grapes – will impress at your next dinner party.

CAPTÛRE ALEXANDER VALLEY ROSÉ, \$25,

YOURWINESTORE.COM

GH KITCHEN GEAR

ALL PURPOSE 3-PIECE HERB AND KITCHEN SHEARS SET

WHY WE MADE IT

A good pair of shears - like the one in this sharp, pointy-nosed set - has so many uses in the kitchen, from cutting butcher's twine to breaking down chicken and deveining shrimp. The long herb shears have a tri-blade design for chopping all types of herbs, while the lettuce knife with herb stripper cuts greens easily. \$28, qvc.co/GH

SEE US IN ACTION! Tune in to QVC to learn more about the products, or shop any time at qvc.co/GH.



JULY/AUGUST 2022 VOL. 273, NO. 6 Good Housekeeping® (ISSN 0017-209X) is published monthly (except combined issues in Jan/Feb and July/Aug), 10 times a year, by Hearst, 300 West 57th Street, New York, NY 10019, U.S.A. Steven R. Swartz, President & Chief Executive Officer; William R. Hearst III, Chairman; Frank A. Bennack, Jr., Executive Vice Chairman; Mark E. Aldam, Chief Operating Officer. Hearst Magazine Media, Inc.: Debi Chirichella, President; Regina Buckley, Chief Financial and Strategy Officer, Treasurer; Catherine A. Bostron, Secretary. © 2022 by Hearst Magazine Media, Inc. All rights reserved. Good Housekeeping is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at New York, NY, and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement no. 40012499. Editorial and advertising offices: 300 West 57th Street, New York, NY 10019-3797. Subscription Prices: United States and possessions: \$24.97 for one year; Canada, add \$8; all other countries, add \$22. Subscription Services: Good Housekeeping will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks. POSTMASTER: Send all UAA to CFS. (See DMM 707.4.12.5); NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Good Housekeeping, P.O. Box 6000, Harlan, IA 51593. For customer service, changes of address and subscription orders, log on to goodhousekeeping.com /service, or write to Customer Service Department, Good Housekeeping, P.O. Box 6000, Harlan, IA 51593.

EDITOR IN CHIEF & EDITORIAL DIRECTOR, HEARST LIFESTYLE GROUP

Melissa Geurts CREATIVE DIRECTOR • Beth Dreher EXECUTIVE EDITOR

Lauren Matthews GROUP DIGITAL CONTENT DIRECTOR · Kim Cheney EXECUTIVE MANAGING EDITOR

EDITORIAL Michelle Manetti GROUP DEPUTY DIRECTOR • Dana A. Levy MANAGING EDITOR

Kayla Keegan SENIOR EDITOR, EDITORIAL BUSINESS DEVELOPMENT · Lizz Schumer SENIOR EDITOR

Marisa LaScala SENIOR EDITOR. PARENTING & RELATIONSHIPS · Katarina Avendaño SENIOR SEO EDITOR

Selena Barrientos ASSOCIATE EDITOR, ENTERTAINMENT & NEWS · Annie O'Sullivan ASSISTANT EDITOR

Hannah Jeon EDITORIAL ASSISTANT · Adrianna Freedman EDITORIAL ASSISTANT, NEWS & ENTERTAINMENT

Cameron Jenkins STAFF WRITER• Ann Schinnerer EDITORIAL BUSINESS MANAGER

HEALTH NEWSROOM Lisa Bain EXECUTIVE DIRECTOR · Stephanie Dolgoff DEPUTY DIRECTOR

 $\textbf{Alyssa Jung, Kaitlyn Pirie} \, \texttt{SENIOREDITORS} \cdot \textbf{Zee Krstic} \, \texttt{EDITOR}$

ART & DESIGN Mariana Tuma DESIGN DIRECTOR • Elisabeth Engelhart VISUAL STYLING DIRECTOR

 $\textbf{Betsy Farrell, Miguel Rivera} \ \texttt{ART DIRECTORS} \cdot \textbf{Alex Mata} \ \texttt{CRAFT STYLIST} \cdot \textbf{Laura Formisano} \ \texttt{DEPUTY ART DIRECTOR}$

Danielle Carson ASSISTANT DESIGNER · Carlos Paredes DIGITAL IMAGING SPECIALIST FOOD Kate Merker CHIEF FOOD DIRECTOR • Trish Clasen Marsanico DEPUTY FOOD EDITOR

Becca Miller ASSOCIATE EDITOR · Samantha MacAvoy EDITORIAL ASSISTANT

HOME Monique Valeris SENIOR EDITOR • Mariah Thomas ASSISTANT EDITOR

 $\textbf{BEAUTY \& STYLE April Franzino} \ \texttt{BEAUTY DIRECTOR} \cdot \textbf{Catharine Malzahn} \ \texttt{BEAUTY ASSISTANT} \cdot \textbf{Lori Bergamotto} \ \texttt{STYLE DIRECTOR}$

RESEARCH & COPY Janie Matthews RESEARCH DIRECTOR • Clare Ellis RESEARCH EDITOR

Benay R. Bubar COPY CHIEF · Kristy Kofron DEPUTY COPY CHIEF

 $\textbf{HEARST VISUAL GROUP Roni Martin-Chance} \ \ \textbf{VISUAL DIRECTOR} \cdot \textbf{Ulrika Thunberg} \ \ \textbf{DEPUTY VISUAL DIRECTOR}$

Sara Neumann VISUAL EDITOR · Lynzee Marmor ASSOCIATE VISUAL EDITOR · Mike Garten PHOTOGRAPHER

VIDEO Lauren DeThomasis ASSOCIATE VIDEO PRODUCER

GHINSTITUTE

Laurie Jennings GENERAL MANAGER
Rachel Rothman CHIEF TECHNOLOGIST & EXECUTIVE TECHNICAL DIRECTOR

BEAUTY, HEALTH & SUSTAINABILITY LAB Birnur K. Aral, Ph.D. EXECUTIVE DIRECTOR

 $\textbf{Sabina Wizemann} \, \textbf{SENIOR CHEMIST} \cdot \textbf{Danusia Wnek} \, \textbf{CHEMIST} \cdot \textbf{Chiara Butler} \, \textbf{REVIEWS ANALYST}$

 $\textbf{HOME CARE \& CLEANING LAB Carolyn E. Fort\'e EXECUTIVE DIRECTOR \cdot Jodhaira Rodriguez} \ \texttt{REVIEWS ANALYST}$ TEXTILES, PAPER & APPAREL LAB Lexie Sachs EXECUTIVE DIRECTOR • Emma Seymour SENIOR ANALYST • Grace Wu PRODUCT ANALYST Amanda Constantine HOME & APPAREL REVIEWS ANALYST KITCHEN APPLIANCES & INNOVATION LAB Nicole Papantoniou DIRECTOR

Eva Bleyer REVIEWS ANALYST NUTRITION LAB Stefani Sassos, M.S., R.D.N., C.D.N. DEPUTY DIRECTOR

MEDIA, TECH, HOME IMPROVEMENT, WELLNESS, PARENTING & PET LABS Dan DiClerico HOME IMPROVEMENT & OUTDOOR DIRECTOR

 $\textbf{Olivia Lipski} \, \texttt{MEDIA} \, \& \, \texttt{TECH REVIEWS ANALYST} \cdot \textbf{Jamie Spain} \, \texttt{PARENTING} \, \& \, \texttt{PETS REVIEWS ANALYST} \cdot \textbf{Jamie Spain} \, \texttt{PARENTING} \, \& \, \texttt{PETS REVIEWS ANALYST} \cdot \textbf{Jamie Spain} \, \texttt{PARENTING} \, \& \, \texttt{PETS REVIEWS ANALYST} \cdot \textbf{Jamie Spain} \, \texttt{PARENTING} \, \& \, \texttt{PETS REVIEWS ANALYST} \cdot \textbf{Jamie Spain} \, \texttt{PARENTING} \, \& \, \texttt{PETS REVIEWS ANALYST} \cdot \textbf{Jamie Spain} \, \texttt{PARENTING} \, \& \, \texttt{PETS REVIEWS ANALYST} \cdot \textbf{Jamie Spain} \, \texttt{PARENTING} \, \& \, \texttt{PETS REVIEWS ANALYST} \cdot \textbf{Jamie Spain} \, \texttt{PARENTING} \, \& \, \texttt{PETS REVIEWS ANALYST} \cdot \textbf{Jamie Spain} \, \texttt{PARENTING} \, \& \, \texttt{PETS REVIEWS ANALYST} \cdot \textbf{Jamie Spain} \, \texttt{PARENTING} \, \& \, \texttt{PETS REVIEWS ANALYST} \cdot \textbf{Jamie Spain} \, \texttt{PARENTING} \, \& \, \texttt{PETS REVIEWS ANALYST} \, \texttt{PARENTING} \, \& \, \texttt{PETS REVIEWS ANALYST} \, \texttt{PETS RE$ Alec Scherma TEST ENGINEER · Nikolas Greenwald LAB ASSISTANT

EDITORIAL Jessica Teich DEPUTY EDITOR · Sarah Wharton SENIOR EDITOR & ANALYST Jen Gushue SENIOR PRODUCT & REVIEWS EDITOR Raena Loper PRODUCT & REVIEWS UPDATES EDITOR · Jacqueline Saguin ASSOCIATE PRODUCT & REVIEWS EDITOR











PATRICIA HAEGELE

SVP, GROUP PUBLISHING DIRECTOR & CHIEF REVENUE OFFICER

Sara Rad VICE PRESIDENT, SALES

Christine Rannazzisi Gerstein VICE PRESIDENT, MARKETING

David Rockefeller GROUP FINANCE DIRECTOR Barbara E. Semmel EXECUTIVE MARKETING DIRECTOR

ADVERTISING SALES NEW YORK Paula Sarapin, Sarah Smith, Karen Sullivan, Christina Marusic Vukic EXECUTIVE SALES DIRECTORS

 $\textbf{Allison Giannone} \, \texttt{SALES} \, \texttt{MANAGER} \cdot \textbf{Julia Consiglio}, \textbf{Adia Gist}, \textbf{Carmen Gundy} \, \texttt{SALES} \, \texttt{ASSISTANTS}$

MIDWEST Diane Burke, Marisa Warren EXECUTIVE SALES DIRECTORS

WEST COAST Kelly Beres EXECUTIVE SALES DIRECTOR SOUTHWEST Dawn Bar WISDOM MEDIA

SOUTHEAST Kelly Peterson EXECUTIVE SALES DIRECTOR

DIRECT MEDIA Christine L. Hall VICE PRESIDENT · Angela Hronopoulos SENIOR SALES MANAGER

HEARST HEALTH MEDIA Karen Deutsch GROUP EXECUTIVE DIRECTOR Kassie Means, Tara Outly EXECUTIVE SALES DIRECTORS · Nicole Guba SALES DIRECTOR

Rachel Schlanger SENIOR MARKETING DIRECTOR - Jessica Cantwell MARKETING DIRECTOR - Mary Baucom ASSOCIATE MARKETING DIRECTOR

TRAVEL Nick Romano NORTHEAST · Erin McDonnell SOUTHEAST · Tim Derr MIDWEST/NORTH CENTRAL

GH SEAL Tamara Smith SEAL PROJECT MANAGER

MARKETING Jenifer Walton EXECUTIVE MARKETING DIRECTOR

Hayley Soutter, Kailin Villamar SENIOR MARKETING MANAGERS · Tara Secilmis ASSOCIATE MARKETING MANAGER

CREATIVE SERVICES Liz M. Chan CREATIVE DIRECTOR · Amber Kelley ART DIRECTOR

RESEARCH Theresa B. Salimbene MARKETING DIRECTOR, RESEARCH • Lisa Schwartz Golodner MARKETING DIRECTOR, BRAND STRATEGY

Ashley Matejov SENIOR MANAGER, OPERATIONS

MANUFACTURING Andrew Joyce OPERATIONS ACCOUNT MANAGER

CONSUMER MARKETING Rick Day VP, CONSUMER MARKETING DIRECTOR • William F. Carter EXECUTIVE DIRECTOR, CONSUMER MARKETING

CORPORATE RESEARCH Lynn Sessa MANAGER · Christina Mak ANALYST

 $\textbf{FINANCE Don Gordon} \ \mathsf{GROUP} \ \mathsf{AD} \ \mathsf{SERVICES} \ \mathsf{DIRECTOR} \cdot \mathbf{Thomas} \ \mathbf{Chung} \ \mathsf{FINANCIAL} \ \mathsf{ANALYST}$

Elizabeth V. Ruch EXECUTIVE ASSISTANT TO THE SENIOR VICE PRESIDENT/GROUP PUBLISHING DIRECTOR

HEARST MAGAZINE MEDIA, INC. Debi Chirichella PRESIDENT

Kate Lewis CHIEF CONTENT OFFICER • Regina Buckley CHIEF FINANCIAL AND STRATEGY OFFICER; TREASURER Brian Madden SENIOR VICE PRESIDENT, CONSUMER REVENUE & DEVELOPMENT • Catherine A. Bostron SECRETARY

Gilbert C. Maurer, Mark F. Miller PUBLISHING CONSULTANTS

HEARST MAGAZINES INTERNATIONAL Jonathan Wright PRESIDENT · Kim St. Clair Bodden SVP, GLOBAL EDITORIAL & BRAND DIRECTOR Chloe O'Brien DEPUTY BRANDS DIRECTOR · Shelley Meeks EXECUTIVE DIRECTOR, CONTENT SERVICES

INTERNATIONAL EDITION UNITED KINGDOM

PUBLISHED BY HEARST Steven R. Swartz PRESIDENT & CHIEF EXECUTIVE OFFICER

William R. Hearst III CHAIRMAN · Frank A. Bennack, Jr. EXECUTIVE VICE CHAIRMAN · Mark E. Aldam CHIEF OPERATING OFFICER

Corporate address: 300 W. 57th Street, New York, NY 10019



This simple and effective testing kit can help you assess whether your drinking water contains a concerning level of dissolved lead.

SAFE HOME DIY LEAD IN DRINKING WATER TEST KIT,



WHY IT EARNED THE GH SEAL

Our chemists were impressed with the **Safe Home DIY Lead in Drinking Water Test Kit**'s ability to accurately flag whether your home's drinking water contains high levels of dissolved lead according to EPA guidelines for municipal water sources.

EASY TO USE

GH experts noted that the test kit has very clear step-by-step instructions with helpful reference images. At-home testers gave the process high marks too. "It made testing my water fun, like doing a science project!" said one. "It was easy to use and did not require a lot of 'active' time," said another.

QUICK RESULTS

Testers in our consumer group unanimously reported that the kit provided them with speedy results – the test is complete in as little as 10 minutes. "I've used other home test kits that weren't as easy to follow nor as fast in giving clear results," said one at-home tester.

PROVEN ACCURACY

Safe Home has built nearly 40 years of experience and consumer trust in the water quality testing business. Our experts reviewed the company's quality-assurance procedures and found them robust. GH chemists feel confident that the tests will provide accurate results.

4 ACTIONABLE INFORMATION

These DIY kits provide a reliable, cost-effective and accessible way to assess the quality of your home's drinking water. Once you have the results, you can use them to decide whether it makes sense to pursue more comprehensive laboratory-based tests.

WE STAND BEHIND EVERY PURCHASE WITH OUR 2-YEAR LIMITED WARRANTY.*







Pro Plan LiveClear was shown to reduce the major allergen by an average of 47%, starting in the third week of daily feeding.

Discover the freedom you and your cat could have.

ProPlan.com/LiveClearChallenge



Your Pet, Our Passion.